



# Wishing you a happy, **HEALTHY** holiday season.

Thanksgiving and winter celebrations are around the corner. We hope for the joy of celebrating with the people we most care about. Planning ahead and considering healthy practices can minimize the risk of illness. Respiratory illnesses like flu, RSV and Covid are on the rise again. Keep yourself, the people you support, your family and friends safe and healthy this holiday season.

## CONSIDER VACCINATION

Vaccines help protect your body from the viruses that cause COVID-19 and flu, significantly lowering your risk of developing a serious illness. Vaccination also protects people around you, especially people who cannot be or are not yet eligible to be vaccinated. To find out where you can receive your flu and Covid-19 vaccinations please visit [www.vaccines.gov](http://www.vaccines.gov)

## MASK UP AND WASH YOUR HANDS

Handwashing is essential to good health. During periods of high respiratory illness transmission, consider masking in public when distancing is not possible. Remember, at work: always mask while providing personal supports and consider masking when unable to maintain space and distance from others. As you plan to gather, make informed decisions about masking. Know your risk and **consider the risks** to those you care about as you plan to gather.

## STAY HOME IF YOU'RE SICK

If you develop symptoms before or after attending a holiday gathering, stay home. Many people think they have just have a little cold or that they're experiencing seasonal allergies; often these symptoms are the same as Covid-19. If you are scheduled to report to work, do not report, call your supervisor and call the HCS coronavirus hotline at (585) 340-2050. If you are supposed to attend a holiday gathering and you're experiencing symptoms, stay home to prevent spreading your illness to others.