Tips for Having a Healthy Holiday & Winter Season

Stay up to date on COVID vaccinations
Upgrade your protection by getting the latest bivalent booster shot, which protects against Omicron variants. Vaccines remain your best defense against hospitalization and death from COVID. Book an appointment online at covidvaccine.cchealth.org or call us at 833-829-2626.

Get tested before an indoor gathering or if you feel sick
Reduce the chances of infecting someone else with COVID by finding out if you have the virus. If you test positive, isolate at home, even if you don’t have symptoms. For info on how to isolate, go online to coronavirus.cchealth.org/for-covid-19-patients.

Consider treatment if you test positive for COVID
Antiviral pills such as Paxlovid can help people with COVID recover, especially those over 65 years old or with medical conditions, such as diabetes, obesity and cancer. Talk to your doctor about COVID treatment options or call the County’s 24/7 Advice Nurse Line at 877-661-6230.

Get your annual flu shot now
Health officials are expecting a bad flu season. Get protected now before flu season kicks into high gear. Find a flu vaccine provider near you vaccines.gov.

Wear high-quality masks indoors around others
Masking isn’t required anymore, but wearing a good mask (K95 or N95) is still a good way to protect you and others from COVID.

Stay home if you feel sick
Give gifts and thanks this holiday and winter season, not COVID, flu or a cold.

For more information, visit us at coronavirus.cchealth.org