

# It's that time of year

when almost all of us start getting scratchy throats and runny noses.

## Layer up!

Follow each of these tips to wrap yourself in layers of defense for this winter:

### Mask indoors

Mask indoors in crowded places like airports and malls. Viruses make for a bad way to start the New Year.

### Talk to your guests

and hosts before your next party or dinner. Everyone should know the ground rules and steps that you're taking to stay safe when you meet up.

### Wash your hands often—

especially before you eat or serve food, after you cough, and after you use the bathroom.

### Cover up

that sneeze or cough by coughing or sneezing into a tissue or your elbow.

### Stay home if you're feeling sick.

Tis the season for spreading cheer, not germs.

**Ask us** how you can keep COVID-19 and other illnesses out of your home over this winter. We'd love to help you out.

**We wish you a healthy holiday season and a happy New Year!**

### Add a shot on top.

Talk to your provider to see if the updated COVID-19 shot is right for you. It could be just what you or your family needs this year!

September 2023



Americares is a health-focused relief and development organization that responds to people affected by poverty or disaster with life-changing health programs, medicine, medical supplies and emergency aid.

Disclaimer: This project was funded in whole by a cooperative agreement with the Centers for Disease Control and Prevention grant number 5 NU50CK000588-03-00. The Centers for Disease Control and Prevention is an agency within the Department of Health and Human Services (HHS). The contents of this resource center do not necessarily represent the policy of CDC or HHS and should not be considered an endorsement by the Federal Government.