
**Know you’re healthy before you go.**
Stay home and call your doctor if you or anyone in your family is experiencing fever, cough, shortness of breath, chills/shaking chills, muscle pain, headache, sore throat, or a new loss of taste or smell.

**Always wear your mask.**
A cloth mask protects you and others. You may have COVID-19, even if you don’t have symptoms.

**Physical distance.**
Even with your mask on, the best way to protect yourself and loved ones is to stay 6 feet apart from those outside your home.

**Practice healthy hand hygiene.**
Wash your hands often with soap and water or use hand sanitizer. If you’re hosting, make sure to provide plenty of paper towels, tissues, disinfecting wipes, and no-touch trash cans.

Let’s do our part to be safe and stay healthy this holiday, so we all can thrive.