

COVID-19

CASES ARE RISING.
ACT NOW!



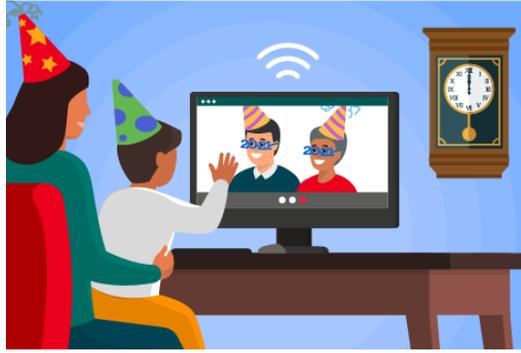
Holidays and Stress

This Holiday Season Do What's Best for You and Your Loved Ones

Updated Dec. 23, 2020 [Print](#)

Take Care of Yourself

- Being away from family and friends during the holidays can be hard.
- When you talk with your friends and family about plans, it's okay if you decide to stay home and remain apart from others.



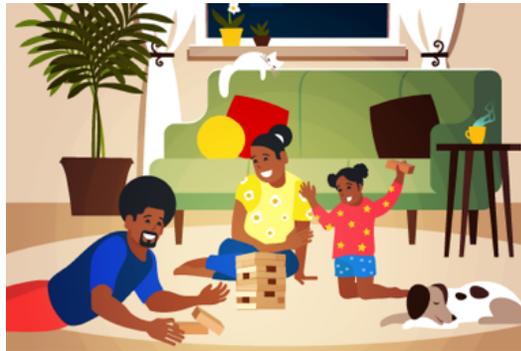
Do What's Best for Your Household

- Doing what's best for you includes eating healthy foods and getting enough sleep.
- Take care of your body and stay active to lessen fatigue, anxiety, and sadness.



Spend Time with Those in Your Household

- Hard choices to be apart this year may mean that you can spend many more years with your loved ones.
- Do what is best for your health and the health of your loved ones. This year spend time with those in your own household.



More Information

[General Public: Care for Yourself](#) 

[How Right Now: Find What Helps This Season](#) 

[This Holiday Season](#)  [PDF – 2 MB, 1 page]

[How Right Now: Practicing Gratitude Works](#) 

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Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\), Division of Viral Diseases](#)