Tips for a **Healthy** and **Safe** New Year

Reduce the spread of COVID-19 this New Year.
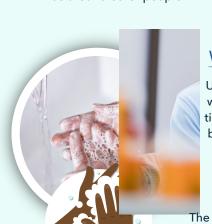
Practice Social Distancing

Stay at least 6 feet from other people who are not from your household in both indoor and outdoor spaces. Avoid crowds.

6 feet

Wear A Mask

Wear masks in public settings, like on public and mass transportation, at events and gatherings, and anywhere you will be around other people.

Wash Your Hands

Use soap and clean running water for 20 seconds at key times such as after using the bathroom or before eating.

DID YOU KNOW?
The 5 hand washing steps are wet, lather, scrub, rinse, and dry.

Consider Your Holiday Gatherings

Take steps to protect yourself by wearing a mask, stay 6 feet apart, avoid crowds, and wash your hands often, even during small gatherings.

During the New Year, **consider these strategies to help prevent chronic disease.**

Sleep

Adults need at least 7 hours of sleep per night.

DID YOU KNOW?
For a healthier sleep, be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.

Get Your Flu Shot

There's still time to get your annual flu vaccine, the best way to help protect against flu.

Eat Healthy

Reach for healthy options like fruits and vegetables instead of salty or sugary treats.

Move More, Sit Less

Adults need at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

Rethink Your Drink

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

Don't Use Tobacco

You can quit today! Call **1-800-QUIT-NOW** for free support.

Be Sun Safe

Wear layered clothes and apply broad-spectrum sunscreen with at least SPF 15.

DID YOU KNOW?
Even in cold weather, the sun can damage your skin. UV rays, not the temperature, do the damage.

Brush Your Teeth

Brush twice a day with fluoride toothpaste.

For more about how to prevent chronic disease and maintain a healthy lifestyle, follow **@CDCChronic** on Twitter or visit **www.cdc.gov/chronicdisease.**