

# Spread Holiday Cheer, Not Viruses

News Release Date

11-15-2023



With Thanksgiving kicking off the holiday season, more people will start gathering to celebrate. That also makes it an ideal time for [respiratory viruses](#) to spread.

“Our hope for this holiday season is that people stay healthy and that they spread joy, not viruses. There are a few simple steps we each can take to help make that

happen,” said Public Health Director Jiancheng Huang.

- Stay home if you feel sick or have any [symptoms](#), such as congestion, cough, fever that is greater than 100.5 degrees, sore throat, body aches, and fatigue
- Wash your hands frequently and before eating
- Get vaccinated for COVID-19 and the flu for those six months and older
- Get vaccinated for those who are [RSV eligible](#)
- Cover your cough

Make sure you wear a mask if you are around high-risk individuals, in congregate care facilities or with persons with immunocompromising conditions.

###