



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

Reduce the spread of COVID-19 this New Year.



Get Your COVID-19 and Flu Shots

COVID-19 vaccines can help protect you from COVID-19. Get [vaccinated](#) or your booster shot as soon as you can. CDC recommends a yearly [flu vaccine](#) as the first and most important step in protecting against flu viruses.



Wear a Mask

If you are not fully vaccinated or if you have a weakened immune system, wear a mask indoors in public. If you are fully vaccinated, wear a mask indoors in areas with [substantial or high](#) COVID-19 transmission.



Find Safer Ways to Celebrate the Holidays

There are several ways to enjoy holiday traditions and protect your health.

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 handwashing steps are wet, lather, scrub, rinse, and dry.



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



Make Time to Unwind and Connect With Others

For stress relief, take deep breaths, stretch, meditate, or do an activity you enjoy. Talk with people you trust about how you're feeling and express gratitude.

Sleep

Adults need at least 7 hours of sleep per night.



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.



Eat Healthy

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



Move More, Sit Less

Get at least 150 minutes of moderate-intensity aerobic activity every week (or about 30 minutes on 5 days), plus muscle-strengthening activities at least 2 days a week.



Rethink Your Drink

[Substitute water](#) for sugary or alcoholic drinks to reduce calories.



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.