

# Stay healthy this winter!

## Why do people get sick in the winter?

It's more difficult to fight off viruses in cold, dry air. Also, viruses spread more easily when people are together inside.

## How can I protect myself and my family?

### 1. Get vaccinated.

- You can get your COVID-19 and flu vaccines at the same time.
- Get vaccinated at least 2 weeks before you will see friends and family.
- Covid-19 vaccines are free now. Soon, you may have to pay for them.
- The new 'bivalent' booster helps protect you from new variants.

Visit [vaccines.gov](https://www.vaccines.gov) to find COVID-19 vaccines and [bit.ly/WHLVaccineResources](https://bit.ly/WHLVaccineResources) for easy to understand vaccine schedules.

### 2. Cough and sneeze into your elbow.

### 3. Wash your hands:

- after you are in a public place
- before you touch your face
- after you blow your nose

### 4. Stay home if you are sick.

