## Recipe for Health this Season

Follow this recipe for a healthy winter season.

**Prep and cook time:** Winter season **Servings:** Your entire household

Ingredients and steps

Wash your hands
Every great recipe begins with
washing your hands! Wash with
soap and water for at least 20
seconds.



Eat well & drink water
Ensure a healthful holiday
season by eating a balanced
nutritious diet with plenty
of fruits and vegetables.
Drink at least 8, 8 oz.
glasses of water a day.



Make sure the entire family is up-to-date with the season's flu and COVID-19 boosters. Monkeypox vaccines are also available for some individuals. Check with your local health department or medical provider for eligibility. Dial 211 or visit vaccines.gov to find locations near you.

 $\bigwedge$  Get plenty of rest

Sleep and rest is essential for health. National Sleep Foundation guidelines advise that healthy adults need between 7 and 9 hours of sleep per night. Babies, young children, and teens need even more sleep. For more information visit sleepfoundation.org.



**5** Get tested

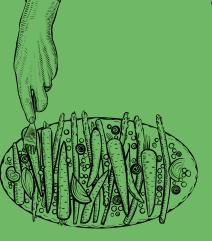
If anyone in your family becomes ill or has symptoms of flu, COVID-19, Respiratory Syncytial Virus (RSV), or Monkeypox, get tested. Treatments are available for all of these. Contact your doctor for appropriate testing and treatment.



**Stay home** 

If you do become ill, stay home. Staying home stops the spread of serious illnesses like flu, COVID-19, RSV, and Monkeypox.

Serving Suggestions



Holidays can be stressful. Make sure you are taking care of your mental health and emotional well being.

Consider keeping a **gratitude journal.** Focusing on gratitude has been shown to boost contentment.

**Stay active,** exercise has multiple benefits including support for mental health. Even a short walk outside is beneficial.

If you have thoughts of suicide or self harm call 988 Suicide and Crisis Lifeline

The information, including but not limited to, text, graphics, and images contained on this postcard are for informational purposes only. Always seek advice with a health care professional for treatment and recovery.

Reference: Centers for Disease and Control and Prevention (2022). 12 Ways to Have a Healthy Holiday Season. Retrieved October 17th, 2022,

from https://www.cdc.gov/healthequity/features/holidayseason/

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