

# 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

### 1 Wash your hands

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



### 3 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.

### 4 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](https://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.



### 6 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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