

Slow the Spread this Holiday Season



We all have a part to play in slowing the spread of COVID-19 this winter. COVID rates are higher than they've ever been and our families are being hit the hardest.

It's up to all of us to slow the spread of COVID and we need your help to keep our community healthy this holiday season.

Taking **3 simple steps** will help us stay safe:

1. **Stick to the basics:** Continue wearing masks and avoid crowds and confined spaces.
2. **Stick to the household for the holidays:** Limit your holiday in-person celebrations to JUST your household. Missing friends and family? Host an online gathering with friends and family via WhatsApp or Facetime.
3. **Get a Flu shot:** Now more than ever, it's important to get your flu shot. Flu shots are safe and getting your flu shot is the best way to protect you and your family from getting the flu. Remember, you can get the flu and COVID at the same time. To get a flu shot, contact your doctor first. If you do not have a doctor call 211.

Need Help? LA County is here for you.

We all need a little help sometimes. LA County has made sure extra resources are available around the holidays. Whether it's free flu shots, free food or free COVID tests, we're here to help you and your family navigate this time.

Remember, **free COVID-19 testing is available regardless of immigration or insurance status.** To get a test, call your primary care doctor first. If you don't have one, call 211 or visit covidhelpLA.org to learn more.



Visit: covidhelpLA.org to learn more.

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