

# It's that time of year

when almost all of us start getting scratchy throats and runny noses.

## Layer up!

Follow each of these tips to wrap yourself in layers of defense for this winter:

### Mask indoors

Mask indoors in crowded places like airports and malls. Viruses make for a bad way to start the New Year.

### Talk to your guests

and hosts before your next party or dinner. Everyone should know the ground rules and steps that you're taking to stay safe when you meet up.

### Wash your hands often—

especially before you eat or serve food, after you cough, and after you use the bathroom.

### Cover up

that sneeze or cough by coughing or sneezing into a tissue or your elbow.

### Stay home if you're feeling sick.

'Tis the season for spreading cheer, not germs.

**Ask us** how you can keep COVID-19 and other illnesses out of your home over this winter. We'd love to help you out.

### Add a shot on top.

Talk to your provider to see if the updated COVID-19 shot is right for you. It could be just what you or your family needs this year!

**We wish you a healthy holiday season and a happy New Year!**

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Americares is a health-focused relief and development organization that responds to people affected by poverty or disaster with life-changing health programs, medicine, medical supplies and emergency aid.

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