



Avoiding Illness DURING THE HOLIDAYS

There are numerous viral illnesses that can easily spread during holiday gatherings. Some illnesses- like colds, COVID-19, RSV and the flu- are contagious and can infect others before symptoms arise.

Large holiday gatherings can result in an uptick of infections, straining our already overburdened healthcare system. Check out the list of tips below to protect your family from contagious viral illnesses during your holiday gatherings.



How Illness Spreads

Viruses can spread through respiratory secretions in the air. Covering coughs and sneezes, wearing a mask, and social distancing prevent illness by reducing the exposure to droplets in the air.

Surfaces can remain infectious, too. Washing your hands often with soap and water for 20 seconds prevents transferring viruses from infected surfaces to your body.



Avoiding Illness Checklist

- Avoid close contact with infected people
- Avoid sharing objects (including toys, cups, utensils, and bottles)
- Wash hands often with soap and water for at least 20 seconds
- Cover coughs and sneezes with a tissue or upper sleeve
- Avoiding touching your face with unwashed hands
- Stay home if sick and avoid contact with others
- Wear a mask or use other preventative measures, like social distancing, whenever possible
- Clean and disinfect frequently used objects and surfaces, such as mobile devices and doorknobs
- Stay up to date on seasonal vaccines, like COVID-19 and the flu
- Consider asymptomatic testing for COVID-19 prior to gatherings



If you're not feeling well this holiday season, keep in mind that the COVID-19, RSV, and Flu viruses are all highly contagious and share symptoms that have a lot in common. Consider visiting your provider or an express care to receive lab work that tests for all three.

STAY SAFE THIS HOLIDAY SEASON!

For any questions or concerns about viral illnesses, please contact your physician.

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