

# Safety is a Classroom Effort

Practice social distancing.  
Stay 6 feet apart!

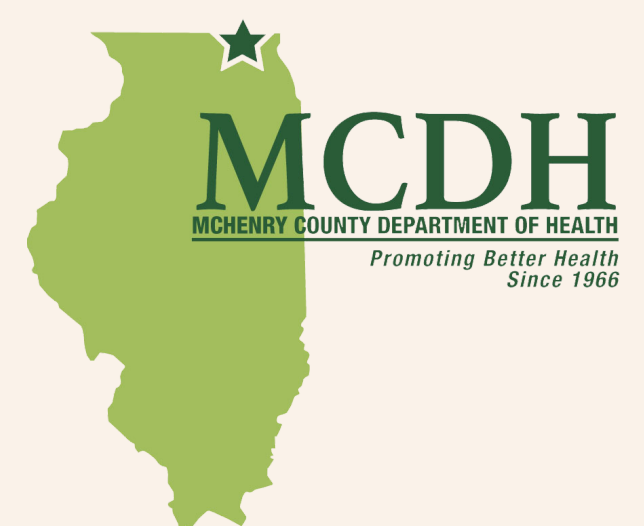
Observe proper hand hygiene.  
Wash hands frequently and disinfect frequently  
touched surfaces.

Mask up! Cover your nose and mouth  
when in public areas.

Cover your coughs and sneezes!

Treat every moment as a  
chance to keep yourself and  
your classmates safe.

For more information visit [mcdh.info](https://mcdh.info)



Get Plenty of Rest.



**Stay Safe!**



Eat well-balanced meals



Cover your cough and sneezes.

**Healthy Holiday wishes for classmates**

Drink lots of water.



**Exercise!**

Don't forget your mask.

**WASH YOUR HANDS OFTEN!**



Stay home if you're sick.

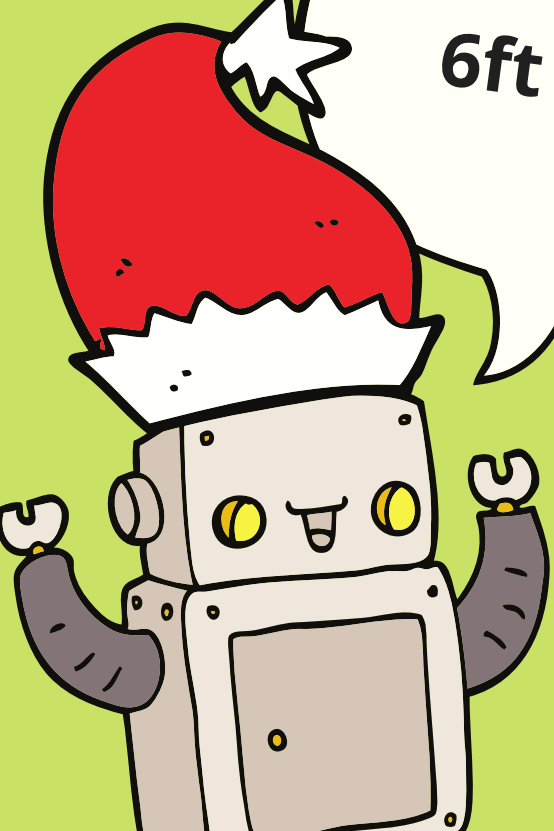
**HAVE FUN!**



**Avoid Crowds.**

Don't forget to test if you travel abroad.

Robot your way to 6ft away from others.



**GET VACCINATED!**

**LIMIT SCREEN TIME.**

**PROTECT THOSE AROUND YOU -**

# **MASK UP!**

**Masks help prevent the spread of the COVID-19 virus. Make sure your mask covers your nose and mouth.**

**Don't forget to get vaccinated to protect those you love and those who are not yet eligible to receive a vaccine.**

**Let's keep health and safety a top priority.**



# 3 COVID-19 Safety Tips for the 2021 Holiday Season



**Wash Up**

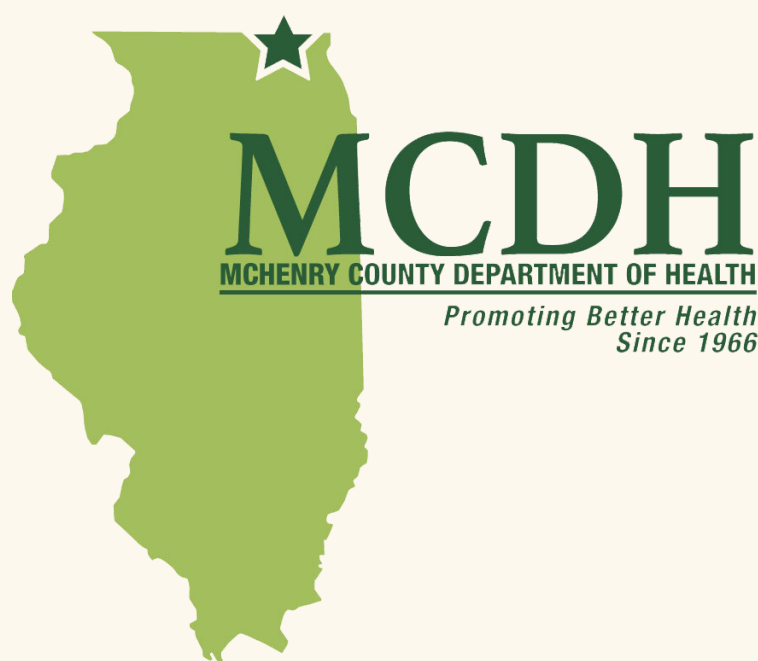


**Mask Up**



**Sleeve Up**

Stay safe this  
Holiday Season by  
following these  
three simple  
steps.



For more information visit [mcdh.info](http://mcdh.info) today!

*Tips for your upcoming*  
**HOLIDAY VACATION**



**SLEEVE UP**

The best way to protect yourself and others against COVID-19 is to get vaccinated.



**MASK UP**

Masking is required on all forms of public transportation. Make sure to pack extras!



**SCRUB UP**

Wash your hands often or use hand sanitizer with at least 60% alcohol. Travel-size bottles are perfect for trips!

**Additional Travel Tips**

**Before Travel:**

- Check the current COVID-19 situation in your destination
- If traveling by air, check to make sure you abide by all testing requirements
- Prepare to be flexible as restrictions and policies may change

**After Travel:**

- Self-monitor for any symptoms of COVID-19
- Follow state and local guidelines for post travel quarantining
- If unvaccinated, get tested 3-5 days post travel with a viral test



**For more info visit:**



[mcdh.info](http://mcdh.info)



Travel | CDC