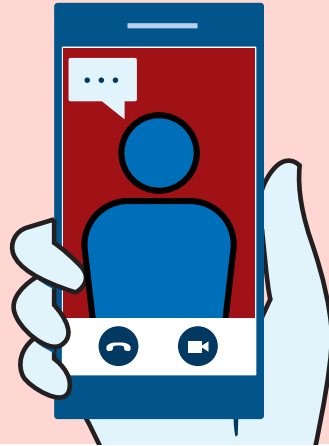


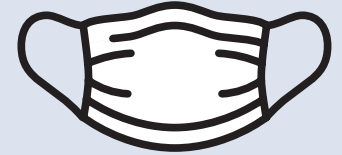
Taking precautions against COVID-19 this season

Holidays, birthdays, and other family celebrations will look different this year. The following reminders can save you and your family. Together, we can reduce the risk of COVID-19 this winter.

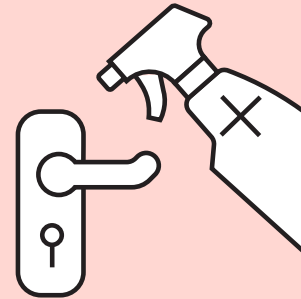
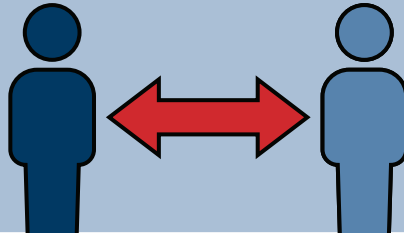
Keep celebrations within the household to minimize risk of exposure to COVID-19. Do not invite others to your home or attend gatherings. Video chat (i.e. Zoom or FaceTime) or phone calls can help families stay connected during this challenging time.



Always keep a mask in your car, bag, or coat pocket. One less thing to remember on a busy day!



Limit close contact with elderly relatives in the home. Wear a mask in common areas and avoid physical contact.



Clean household surfaces such as counters, sinks, and doorknobs daily.



Try to minimize time in public places. Wear a mask, and thoroughly wash hands immediately when returning home from school, work, or another public place.



The FDA has authorized several COVID-19 vaccines for emergency use. Vaccination is highly recommended and will be provided at no cost. Please speak with your healthcare provider for more information.



RWJBarnabas
HEALTH

Let's be healthy together.