# Keeping Healthy During the Holidays

The best way to prevent Covid is to get vaccinated or, if eligible, get your booster shot. Shots are available at Kroger, Walgreens, your doctor, or the new center at the Board of Elections (Early Voting Center) on Wall Street in Norwood. Appointments are necessary many places, but currently you can walk in at the site at the Board of Elections without an appointment.

Other ways of protecting yourself is to avoid being around people who are sick or of unknown vaccination status. Limit your holiday gatherings to healthy people in your immediate circle who are vaccinated. If you go to a store, restaurant, church or funeral wear a mask. At home, wear a mask when guests or service people visit. If someone in your family is sick, wear a mask and try to keep your distance as best you can. Distance is a good strategy for all occasions – at least six feet when possible. The best way to get through the Holiday Season and the winter months is to keep your mask handy, keep your distance, and limit contact with unvaccinated people. Remember if you are over 50 or have a compromised immune system, to get your flu shot, too. It is hard not to succumb to “vaccination fatigue” but we need to hold out a while longer to protect our own and our friends’ and families’ health.