

# Holiday Gatherings



## STAY SAFE DURING THE HOLIDAYS

Together, let's keep our community and loved ones safe from respiratory viruses during the holidays.

- Stay home when you are sick
- Wash your hands often
- Wear a mask in crowded settings
- Get vaccinated against respiratory viruses

The best defense against serious illness is to get vaccinated for COVID-19, influenza, RSV and pertussis.

Contact your health centre for more information.

Feelings of stress are common during the holiday season. Help is available 24 hours a day, 7 days a week.

- Hope for Wellness Help Line: 1-855-242-3310 or the online chat at [hopeforwellness.ca](https://hopeforwellness.ca) or text WELLNESS to 741741
- 9-8-8: Suicide Crisis Helpline.
- Kids Help Phone: Call 1-800-668-6868 (toll-free) or text CONNECT to 686868.
- 911 or the local emergency help line
- If you are in a remote or isolated community, you may also contact your local nursing station