



Happy New Year

2022

#CelebrateSafelySD

For more information on COVID-19, visit:

Coronavirus-SD.com



Tips for a COVIDSafe New Year



Get your COVID-19 booster dose (if eligible), and flu vaccine.



Wash your hands often with soap and water for at least 20 seconds.



Eat healthy. Make healthier versions of your traditional recipes.



Stay active. The goal is to get at least 20 to 25 minutes of physical activity every day.



Get at least 7 hours of sleep per night to keep your immune system strong.



Drive at the posted speed limit or at lower, safer speed during unsafe weather conditions.

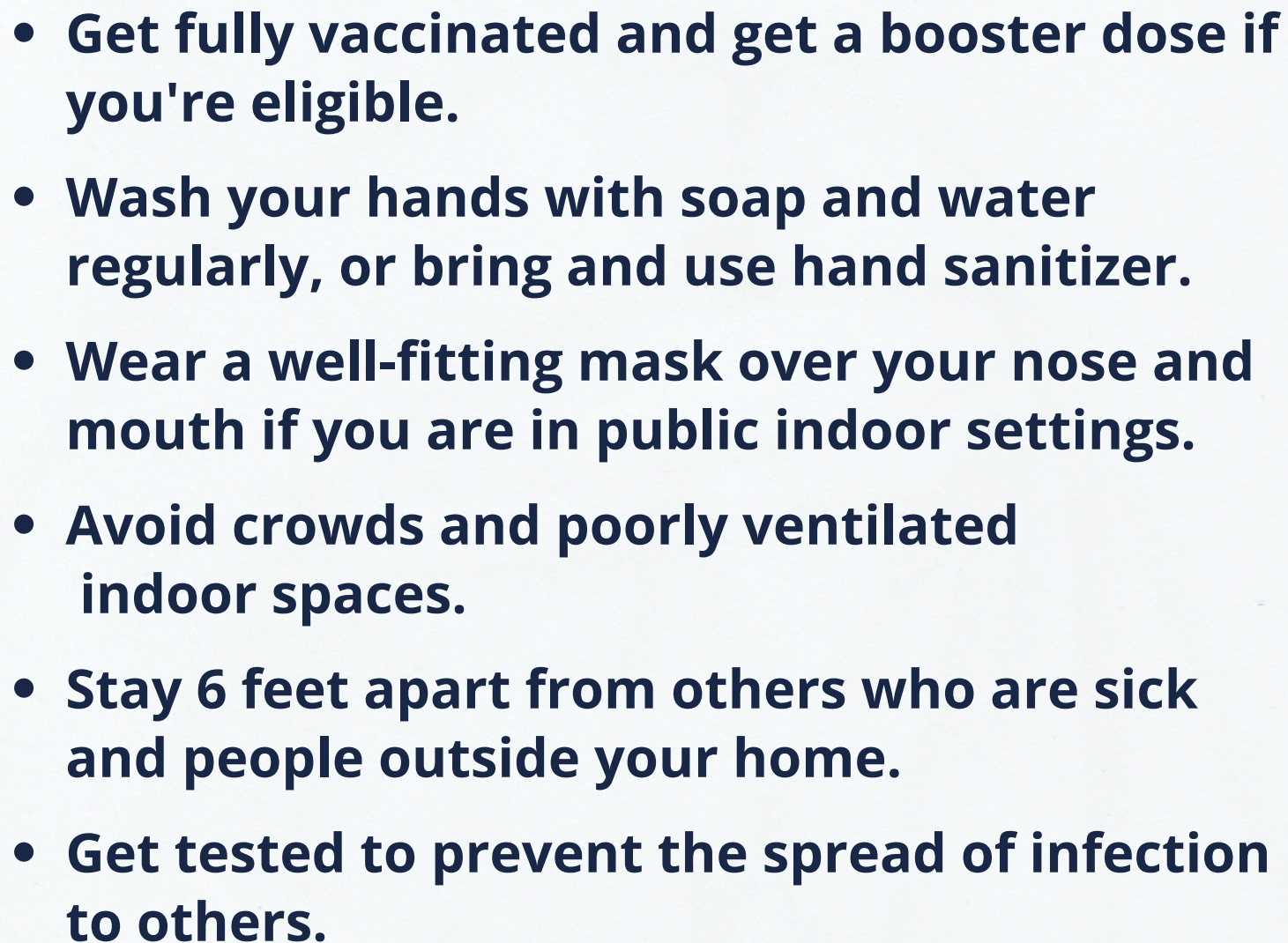
For more information on COVID-19, visit:

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**LIVE WELL
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* **Important Ways to Slow the Spread of COVID-19** *

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- **Get fully vaccinated and get a booster dose if you're eligible.**
 - **Wash your hands with soap and water regularly, or bring and use hand sanitizer.**
 - **Wear a well-fitting mask over your nose and mouth if you are in public indoor settings.**
 - **Avoid crowds and poorly ventilated indoor spaces.**
 - **Stay 6 feet apart from others who are sick and people outside your home.**
 - **Get tested to prevent the spread of infection to others.**

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Get Your COVID-19 Booster Dose

Get boosted for an extra layer of protection if you were fully vaccinated more than six months ago with an mRNA vaccine (Pfizer or Moderna) or fully vaccinated more than two months ago with the Johnson & Johnson/Janssen vaccine.

Don't forget to bring your CDC COVID-19 Vaccination Record card to your booster dose appointment!

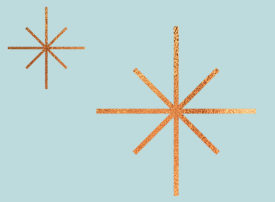


For more information on COVID-19 Boosters, visit:
Coronavirus-SD.com





Tips for Eating Healthier While on a Budget



1. Plan Your Recipes

Planning your weekly menu increases the chance that your pantry and refrigerator are stocked with healthy ingredients to make balanced meals.



2. Shop with a List

If your shopping list includes nuts, beans, or grains, consider buying in bulk to save money and keep your pantry well-stocked.



3. Cut Costs with Coupons

Coupons are a great way to save on your grocery bill. You can clip coupons from newspapers, ads, or search online for digital coupons.



For more information on healthy eating, visit:

[CDC.gov/Nutrition](https://www.cdc.gov/Nutrition) or [MyPlate.gov](https://www.MyPlate.gov)



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