




LIVE WELL
SAN DIEGO

#CelebrateSafelySD

Happy
St. Patrick's Day

March 17, 2022





When is St. Patrick's Day?

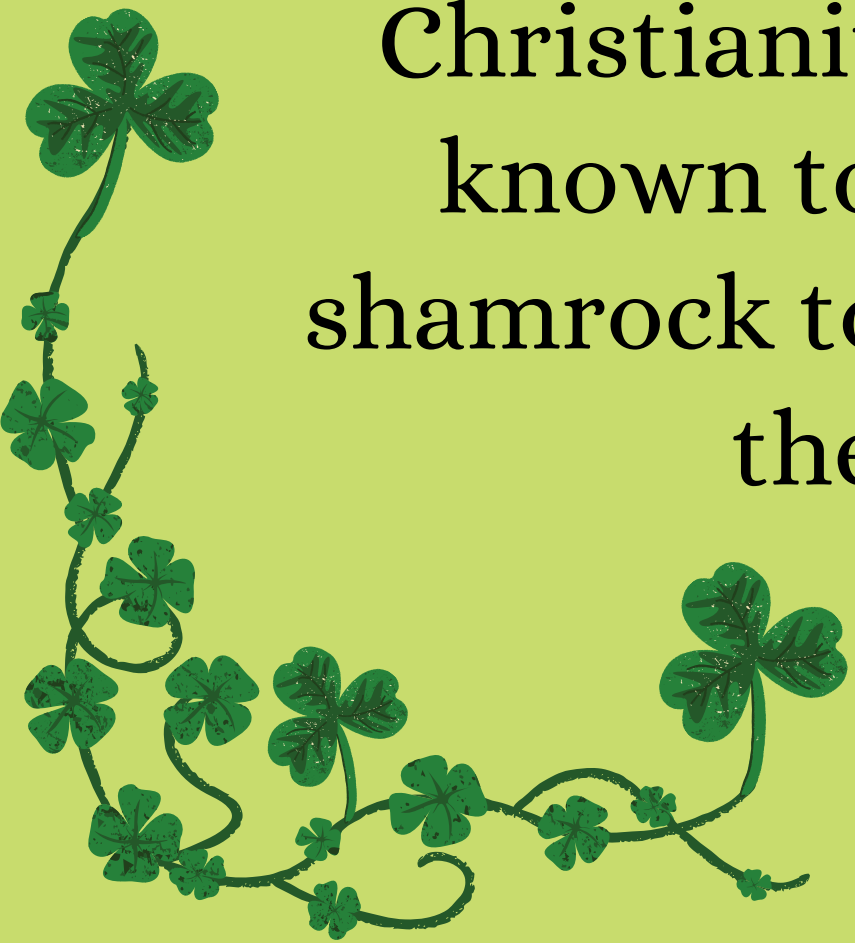
St. Patrick's Day is celebrated annually on March 17, the anniversary of the death of St. Patrick in the fifth century.

While St. Patrick's Day is officially observed on the 17th, celebrations may not be limited to just this day.



What is the history of St. Patrick's Day?

St. Patrick, the most famous patron saint of Ireland, is regarded as the principal missionary who brought Christianity to Ireland. He was known to use the leaves of a shamrock to teach the doctrine of the holy trinity.



Why do we wear green on St. Patrick's Day?

In the 1500s, Henry the VIII claimed himself to be king of Ireland and had a blue flag. When the divide between the British power and the Irish people grew, green became a symbol of Irish nationalism. Ireland wanted to separate themselves from Britain, so green was the color of their rebellion.

Another reason green replaced blue was because of Ireland's nickname, The Emerald Isle.



Tips for a COVIDSafe Celebration

- Get your COVID-19 and flu vaccines. If you're fully vaccinated, remain up to date by getting your booster, if eligible.
- Wash your hands with soap and water for at least 20 seconds.
- Wear a well-fitted mask over your nose and mouth.
- Avoid crowds and poorly ventilated indoor spaces.
- Stay 6 feet apart from others who are sick and people outside of your home.
- Get tested if you are experiencing symptoms to prevent the spread of infection to others.



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For more information, visit:
Coronavirus-SD.com