



Recommendations for a Healthy Holiday Season

Cases of respiratory illness, including COVID-19, influenza, and [RSV](#) are increasing in California and across the country. The RSV season began earlier than usual this year, and cases of the [flu](#) and COVID-19 are up and expected to rise in the coming months. Noting we are entering a busy winter virus season, the California Department of Public Health urges parents and guardians to vaccinate their children as soon as possible against the [flu](#) and [COVID-19](#). Vaccinating the entire household against flu and COVID-19 helps boost immunity and lowers the risk of severe outcomes from these viruses.

Prevention is strongly encouraged to help stop the spread of respiratory viruses. These everyday actions can help stop the spread of respiratory viruses, keeping you and others healthy this holiday season:

- Stay home when sick
- Plan a return to work/school/childcare after symptoms are mild and improving, including at least 24 hours since resolution of fever without the use of fever-reducing medications, such as Tylenol® or Motrin®. [More information here.](#)
- Stay away from people who are sick.
- Consider wearing a mask in indoor public or crowded spaces. Wearing a mask can protect babies and young children who do not yet have immunity and are too young to wear a mask themselves.
- Wash hands frequently and thoroughly with soap and warm water or use an alcohol-based hand sanitizer.
- Cough or sneeze into your elbow, arm, or disposable tissue. If disposable tissue is used, use hand sanitizer or wash hands afterwards.
- Avoid touching your eyes, nose, and mouth.
- If you test positive for COVID, follow CDPH [isolation](#) guidance.
- Test for COVID [before returning to school](#) after a school holiday break.

For additional information and guidance on winter viruses, please visit San Mateo County Health's webpage on [Preventing Respiratory Infections](#) or the [Safe Schools for All Hub](#).