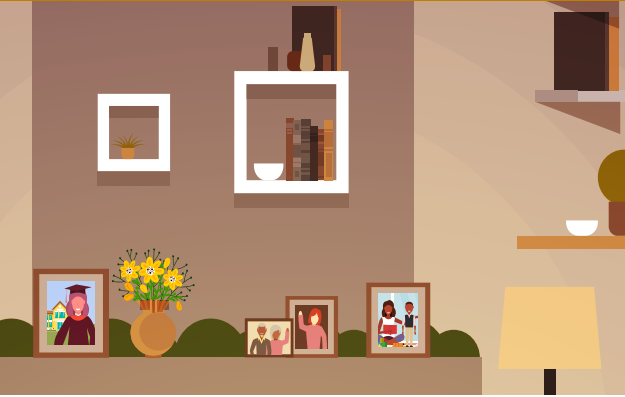


This holiday season do what's best for you and your loved ones

Being away from family and friends during the holidays can be hard.



When you talk with your friends and family about plans, it's ok if you decide to stay home and remain apart from others.



Doing what's best for you includes eating healthy foods and getting enough sleep.

Hard choices to be apart this year may mean that you can spend many more years with your loved ones.



Do what is best for your health and the health of your loved ones. This year spend time with those in your own household.



Make time to take care of your body and stay active to lessen fatigue, anxiety, and sadness.



Substance Abuse and Mental Health Services Administration
Disaster Distress Hotline: Call or text 1-800-985-5990

cdc.gov/coronavirus