

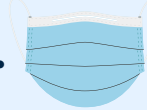
## HERE ARE SOME STRATEGIES TO REDUCE THE RISK OF INFECTION DURING THE HOLIDAYS:

**1** Keep gatherings small if possible.

**2** Recommendation that those attending are up-to-date on COVID-19 and influenza vaccinations.

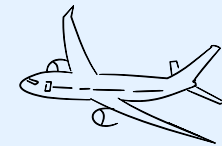
*Antibody levels begin to wane 3-6 months after previous vaccination date.*

**AND indoor masking whenever possible.**



**3** Use extra precautions on the days leading up to any gathering.

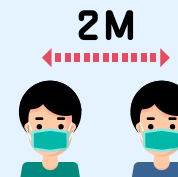
**4** Use extra precautions if you have to fly or use public transportation.



**5** Rapid testing as close as possible before any gathering.



**6** Social distancing (2 metres) if unmasked outdoors for any reason.



**7** Hand washing (for at least 20 seconds) when arriving at and leaving any social gatherings or when touching face without mask.

**8** Stay Home if you have symptoms of COVID-19, flu or RSV.



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LET'S FIGHT TO STOP  
COVID **TOGETHER**



Website: covidinltc.ca

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# COVID-19 IMMUNITY STUDY

Public Health Agency of Canada Symptom List			
Symptoms	Influenza	COVID-19	RSV
Dry cough	✓	✓	✓
Aches & pains	✓	✓	
Chills	✓	✓	
Sore throat	✓	✓	✓
Headaches	✓	✓	✓
Runny nose	✓	✓	✓
Fatigue	✓	✓	✓
Fever	✓	✓	✓
Sneezing		✓	✓
Diarrhea	✓	✓	
Loss of appetite	✓		
Loss of taste/ smell		✓	
Nausea/vomiting	✓	✓	
Shortness of breath		✓	
Wheezing			✓

<https://www.canada.ca/en/public-health/services/diseases.html>



**Wishing You a Safe Holiday and  
a Happy New Year in 2023!**

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