

KWANZAA

A cultural celebration observed by many African Americans from December 26 to January 1 to honor cultural heritage and traditional values. The core principles of Kwanzaa are practiced by many year-round.

NIA

Your life has a purpose! Get vaccinated to protect you and your loved ones from COVID-19



It's important we continue to use all our tools to stop the spread of COVID-19. Keep you and your loved one's safe by using this safety checklist:

- Wear a face mask
- Stay 6 feet from others
- Avoid crowds/gathering
- Wash your hands or use hand sanitizer frequently
- Stay outdoors, if possible
- Get vaccinated - everyone age 12+ who lives or works in Contra Costa County is now eligible.

DO:



Wear A Mask If You Go Out in Public



Make Sure You Can Breathe Through It



Make Sure It Covers Your Nose and Mouth



Wash After Using

DON'T:



Use On Children Under Age 2

To schedule a vaccine appointment, call (833) 829-2626 or directly schedule an appointment online at cchealth.org/coronavirus

*"My mission in life is not merely to survive,
but to thrive; and to do so with some passion,
some compassion, some humor, and some style."
—Maya Angelou*



SELF CARE

- First thing this morning, I checked in with myself before I checked in with the world
- I unplugged and created a quiet space to read/pray/meditate
- I am grateful for...
- I prepared and ate at least one healthy meal
- I took a brisk walk, practiced yoga, or danced to my favorite music
- I have spoken words of encouragement to myself and those in my circle

COVID-19 VACCINE FACTS

- Side effects are rare and usually minor
- Vaccines are provided at no-cost
- Distancing, masking, and limiting contact with people from outside the home are still critical ways to protect ourselves and the community until most people are immunized
- For credible, science-based information about the COVID-19 vaccine, visit the U.S. Centers for Disease Control & Prevention (CDC) at cdc.gov/covid19 and click on the **Vaccines** button

