

# 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



**As more businesses and activities begin to reopen, it's important we continue to use all of 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
- Everyone age 16+ who lives or works in Contra Costa County is now eligible.

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

### DO:



Wear A Mask 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

“ *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](https://www.cdc.gov/covid19) and click on the **Vaccines** button