



# You and Your Health Matter

## Happy & Healthy Holiday Tips

The Essex County Nurse Practitioner-Led Team works hard to enhance health and wellness by supporting patients, colleagues and communities. We all have holiday traditions that are important to us and our families. Pandemic restrictions and realities can impact our ability to celebrate the holidays. There are safe ways for you, your families and friends to celebrate while minimizing COVID-19 risks.

Understanding pandemic related risks, knowing how to prevent exposure and transmission, and having an action plan to keep you and your loved ones safe are the first steps. Here are some Happy & Healthy Holiday Tips to help you keep safe and enjoy the holiday season.

Our Safe Food Handling is a great video resource that can help you understand and reduce impacts related to COVID-19 during holiday celebrations. Our Tips to Healthier Eating video provides you with insight and strategies that can enhance holiday enjoyment, and help maintain good health during over the Holiday Season. You can find these information and application rich videos on our [YouTube channel](#).

### Safe Food Handling

Safe food handling is important, and an important subject to understand when uncertainty about disease and disease transmission exist.

[Essex County Nurse Practitioner-Led Clinic](#)

### ECNPLC Safe Food Handling



### Tips to Healthier Eating

We talk about coping strategies that help us to eat healthy during celebrations and holidays. Especially important when our access to food may be limited by COVID-19 impacts.

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### ECNPLC Healthier Eating



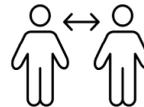
Many public spaces require proof of vaccination, so remember to carry a copy with you. Keeping vaccination documents on your cell phone can help keep it easily available. For those of you that may not have or carry a cell phone, the [Windsor Public Library](#) can help you print and laminate your proof of immunization. Remember to carry your proof of vaccination with you.



Vaccinations reduce the severity and duration of illness and can prevent the spread of COVID-19. The Ministry of Health strongly recommends completing the series of COVID-19 vaccines, first, second and third dose. Evidence supports that COVID-19 vaccines have been shown to be highly effective against serious illness, hospitalization and loss of life. The effectiveness of the first and second dose decreases with time. It's important to schedule your next does as soon as you can.

You can learn more about COVID-19 vaccinations for children and youth by visiting the [Windsor-Essex County Health Unit website](#) and schedule your vaccination appointment online through the [WECHU Online Booking Portal](#)

Of course, we all know about the basics in best practices. Make COVID-19 safety protocols a priority for you and your loved ones this holiday season by wearing a mask, washing your hands frequently, respecting social distancing, and keep others safe by isolating yourself if you're not feeling well.



Wishing you and yours joy over the holidays season, and a happy new year.

Sincerely,

The ECNPLC Team

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*Essex County  
Nurse Practitioner-Led Clinic*