

MLE - News in Health

November 2021

Safer Ways to Celebrate Holidays

Holiday traditions are important for families and children. There are several ways to enjoy holiday traditions and protect your health. Because many generations tend to gather to celebrate holidays, the best way to minimize COVID-19 risk and keep your family and friends safer is to get vaccinated if you're eligible.

Here are safer ways to celebrate the holidays:

Generally:

Protect those not yet eligible for vaccination such as young children by getting yourself and other eligible people around them vaccinated.

Wear well-fitting masks over your nose and mouth if you are in public indoor settings if you are not fully vaccinated.

Even those who are fully vaccinated should wear a mask in public indoor settings in communities with substantial to high transmission.

Outdoors is safer than indoors.

Avoid crowded, poorly ventilated spaces.

If you are sick or have symptoms, don't host or attend a gathering.

Get [tested](#) if you have symptoms of COVID-19 or have a close contact with someone who has COVID-19.

If you are considering traveling for a holiday or event, visit CDC's [Travel](#) page to help you decide what is best for you and your family. CDC still recommends delaying travel until you are [fully vaccinated](#).

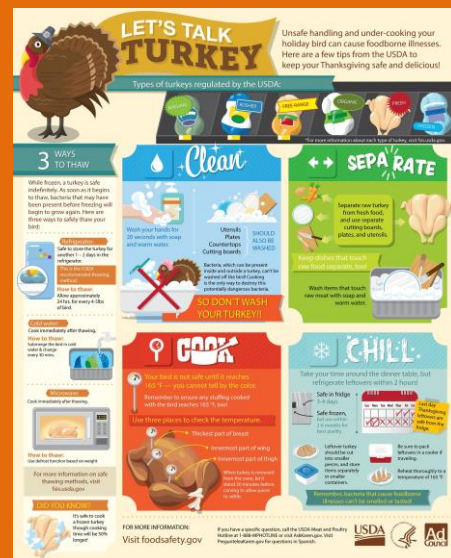
If you are not fully vaccinated and must [travel](#), follow CDC's [domestic travel](#) or [international travel](#) recommendations for unvaccinated people.

If you will be traveling in a group or family with unvaccinated people, choose [safer travel options](#).

Everyone, even people who are fully vaccinated, is [required to wear a mask](#) on public transportation and follow [international travel recommendations](#).



Food Safety Tips



[Download full-resolution Thanksgiving infographic](#)

Thanksgiving

The Thanksgiving meal is the largest that many cooks prepare each year. The following information may help you prepare your special Thanksgiving meal and help you countdown to the holiday.

- [Countdown to the Thanksgiving Holiday](#) (USDA)
- [Let's Talk Turkey—A Consumer Guide to Safely Roasting a Turkey](#) (USDA)
- [Stuffing and Food Safety](#) (USDA)
- [Food Safety Tips for your Holiday Turkey](#) (CDC)
- [Prevent Illness from C. perfringens](#) (CDC)



National Health Observances:

Each month, we feature select National Health Observances (NHOs) that highlight important health issues affecting people every day.

In November we're raising awareness about diabetes, lung cancer, chronic obstructive pulmonary disease (COPD), and antibiotic resistance.



- **American Diabetes Month**
The American Diabetes Association promotes [American Diabetes Month](#) in November to raise awareness about diabetes and share helpful resources.
- **Lung Cancer Awareness Month**
The American Lung Association recognizes November as [Lung Cancer Awareness Month](#) — a time to unite the country against lung cancer, the leading cause of cancer deaths in the United States.
- **COPD Awareness Month**
Every year the American Lung Association and other organizations use the month of November to [raise awareness about COPD](#). In the United States, smoking is the leading cause of COPD — so you can also share our MyHealthfinder resource to [encourage people to quit](#).
- **U.S. Antibiotic Awareness Week**
The Centers for Disease Control and Prevention (CDC) is sponsoring U.S. Antibiotic Awareness Week from November 18 to 24 to raise awareness about combatting antibiotic resistance. Use CDC's [Be Antibiotics Aware Partner Toolkit](#) to spread the word about the importance of appropriate antibiotic use.

LIVE MONTHLY WEBINAR:

The Respectful Workplace

Date: 11/10/2021 | Time: 1:30 PM to 2:30 PM EST

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