

Panhandle

Public Health District

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PPHD Encourages a Healthy and Safe Holiday Season

As communities across the Panhandle prepare for holiday gatherings, travel, and festive events, Panhandle Public Health District (PPHD) is sharing simple reminders to help families enjoy the season feeling their best.

“Families put so much love and preparation into the holiday season,” said Jessica Davies, Health Director, Panhandle Public Health District “A little prevention, both on the road and at home, helps make sure everyone can enjoy the moments that matter.”

The holidays often bring packed calendars, cold weather, and lots of togetherness, all things that can make it easier for illness or injury to disrupt plans. A few small habits can keep celebrations running smoothly:

- **Wash hands often**, especially before meals and after being in public spaces.
- **Stay home if you're not feeling well** to help protect those around you.
- **Cover coughs and sneezes with your elbow** and keep frequently touched surfaces clean.
- **Get plenty of rest, stay hydrated, and manage stress** to support overall well-being. For mental health and well-being support, community members can access CredibleMind <https://pphd.crediblemind.com/>.
- **If you're planning to travel or attend large events, consider staying up to date on recommended vaccines** to reduce the chance of illness impacting your holidays. It's not too late to get your flu shot. Getting vaccinated now gives maximum immunity by the holidays.

PPHD also encourages everyone to keep safety in mind while traveling this season:

- **Always wear your seat belt**, no matter the distance.



- **Plan ahead for winter driving**, check road conditions, give yourself extra time, and keep an emergency kit in the vehicle.

PPHD reminds residents to take special care around individuals at higher risk for illness, including young children, older adults, pregnant individuals, and those with chronic health conditions.

Most vaccines are covered by insurance, and PPHD also offers free vaccines through the Vaccines for Children (VFC) program and Vaccines for Adults (VFA) program. To learn which vaccines you or your family are eligible for, or to see if you qualify for VFC or VFA, please call Tina Cook, Public Health Nurse, at 308-633-2866.

Panhandle Public Health District wishes everyone a safe, healthy, and joyful holiday season.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.