

# Holidays are Better Together

**CVEEP**  
Fighting Infectious  
Respiratory Disease

Make your presence the real present at holiday gatherings this winter. Recommended vaccines that protect against respiratory diseases such as flu, COVID-19, respiratory syncytial virus (RSV), and pneumococcal disease can help keep you and your loved ones healthy so you can enjoy all the holiday season has to offer.



## 1 Staying Healthy for the Holidays

- Getting vaccinated can help you enjoy your holidays to the fullest.
- Remember that infectious respiratory diseases like flu, COVID-19, RSV, and pneumococcal disease can lead to more than just missed holiday gatherings. They can cause serious complications and hospitalization in people of all ages.
- Those who are up to date with their vaccines are less likely to get seriously ill, even if they [do get infected](#).

## 2 Protecting Your Loved Ones

- Vaccination helps ensure your friends and family who are most likely to get seriously sick — like infants, older adults, and those with chronic health conditions — are protected.
- Family members like grandparents and young grandchildren are more likely to experience [serious complications](#) or need to go to the hospital, making it important for those around them to be vaccinated against infectious respiratory diseases.

## 3 Why Do Viruses Spread in Winter?

- Colder weather increases the amount of time that people [spend indoors](#), where viruses and bacteria spread more easily.
- Studies show that some viruses, such as the flu, [spread more easily](#) in cold, dry weather because they can remain in the air for longer and spread across further distances.

Get vaccinated this holiday season to prioritize your health, keep your loved ones safe, and spend quality time with the people who matter most.

Talk to your health care provider about what vaccines are recommended for you and learn more at [cveep.org](https://cveep.org).

For more information, visit  
**CVEEP.org**