



**Stay safe from COVID-19**  
this holiday season

*Happy Nowruz*

Enjoy a happy 1401st Nowruz safe from COVID-19! Even if you are vaccinated, when celebrating with friends, neighbors and loved ones, stay safe by:

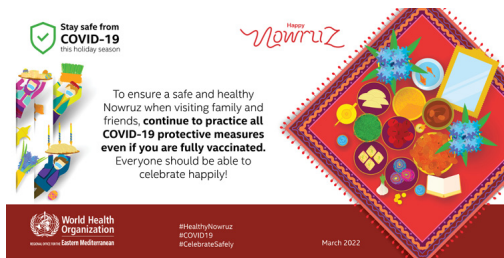
- Washing hands often with soap and water
- Wearing a mask
- Remembering a safe distance between others
- Coughing and sneezing into your elbow or tissue, not your hand
- Avoiding crowded indoor spaces
- Wearing a mask when spending time indoors or when you're outdoors
- Getting outdoor settings whenever possible, going high or and away
- Lighting only in small groups in well-ventilated areas and if indoors in well-ventilated areas

World Health Organization  
Eastern Mediterranean Region

#HealthyNowruz  
#COVID19  
#CelebrateSafety

March 2022

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To ensure a safe and healthy Nowruz when visiting family and friends, **continue to practice all COVID-19 protective measures even if you are fully vaccinated.** Everyone should be able to celebrate happily!

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*Happy Nowruz*

Remember to do it all to stop the spread of COVID-19 during celebrations. Enjoy the Nowruz "hoft seen" with your loved ones by following these seven safety measures:

- wear a mask
- keep physical distance
- open windows to ventilate rooms
- get vaccinated
- wash or sanitize hands
- cough or sneeze in a bent elbow or tissue
- Avoid touching your eyes, nose or mouth

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