

**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
- Avoiding handshakes and other greetings
- Wearing a mask when outdoors or when you're indoors
- Staying 1 meter apart from others
- Coughing and sneezing into your elbow or tissue, not your hand
- Staying outdoors
- Getting enough sleep and eating healthy food
- Staying safe in small groups or gatherings and avoiding crowded places

World Health Organization  
Eastern Mediterranean Region

#HealthyNowruz  
#COVID19  
#CelebrateSafely

March 2022

[Download](#)

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

*Happy Nowruz*

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!

World Health Organization  
Eastern Mediterranean Region

#HealthyNowruz  
#COVID19  
#CelebrateSafely

March 2022

[Download](#)

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

*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

World Health Organization  
Eastern Mediterranean Region

#HealthyNowruz  
#COVID19  
#CelebrateSafely

March 2022

[Download](#)



[Download](#)



[Download](#)

Sunday 5th of May 2024 08:30:44 PM