

December  
2020



## Your Health Matters

Westfield Regional Health Department

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[www.westfieldnj.gov/health](http://www.westfieldnj.gov/health)

This holiday season, [learn how](#) your holiday plans can be modified to reduce the spread of COVID-19 to keep your friends, families, and communities healthy and safe.



### December 1 is World AIDS Day

World AIDS Day is an opportunity for people worldwide to unite in the fight against HIV, show their support for people with HIV, and remember those who have died from an HIV-related illness. [Click here](#) to learn more.



### National Handwashing Awareness Week

Making a habit of good hand hygiene is an easy, effective way to prevent infections and sicknesses. [Click here to learn more about hand hygiene.](#)



The Westfield Regional Health Department is the contractual health agency serving Chatham Borough, Fanwood, Garwood, Mountainside, New Providence, Roselle Park, Summit, and Westfield