



CELEBRATING THE HOLIDAYS SAFELY

As people begin to plan for holiday celebrations, there are considerations to help protect individuals and their families, friends, and communities from COVID-19. When planning to host or attend a holiday celebration, you should first assess current COVID-19 levels in your community.

IF YOU DECIDE TO ATTEND A GATHERING, CONSIDER THE FOLLOWING:

- Outdoor activities are safer than indoors. Avoid crowded or poorly-ventilated events and be sure to wear your mask.
- Don't be shy about bringing supplies for others such as hand sanitizer or wipes or even disposable masks.
- If you attend an event, monitor your health closely for the next 2 weeks and don't ignore any COVID-19 symptoms.

Currently, there is no evidence to suggest that handling food or eating is associated with directly spreading COVID-19. However, try to avoid buffets with common surfaces that everyone touches. If possible, have one person serve the food. While we all love our holiday dishes, paper plates and disposable cutlery is the safest option.

TRAVELING INCREASES THE CHANCE OF GETTING AND SPREADING COVID-19.

Staying home is the best way to protect yourself and others. However, if you do travel:

- Wear a mask at all times on public transportation
- Be cautious using public rest rooms and always wash your hands afterwards or use sanitizer
- Social distance at least 6' apart
- Try not to touch your face

If you think staying home is the best option, it can be lonely and isolating. Consider connecting to loved ones and friends via phone or video chatting. If the weather is appropriate, bring a boxed meal and meet up with friends outdoors where you can social distance.

OUR HOLIDAYS NEED TO BE DIFFERENT BUT DON'T NEED TO BE TOTALLY CANCELLED. USE SOME CREATIVITY AND WE CAN ALL BEGIN SOME NEW TRADITIONS.

IF YOU HAVE HEALTH CONCERNS OR WANT TO DISCUSS YOUR RISK FACTORS, CONTACT YOUR GENERATIONS' PROVIDER.



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