



HEALTH IMPROVEMENT PARTNERSHIP OF MARICOPA COUNTY



IN THIS EDITION:

Stay Well This Holiday
Season Webinar

Holiday Stress Tips

Virtual Gatherings

In Person Gatherings

COVID Layers of Protection

HAPPY HOLIDAYS

The Health Improvement Partnership of Maricopa County wishes you happy and safe holidays. Staying healthy during the holidays can be difficult given a normal year, but everything seems a little harder this year. Below you'll find some American Heart Association resources designed to help you stay heart-healthy this holiday.

Keep things healthy this year with help from the experts on House Calls from the American Heart Association. To learn more watch the following [webinar](#).

Are you feeling overwhelmed and out of control? You are not alone! Try this [TIPS](#) to reclaim your happiness.

2020 has been the year of virtual meetings, the year where the most shouted phrase has been "you're muted!". For some of us a virtual gathering will be the best option. The American Heart Association shares [5 Tips to Host a Successful Virtual Holiday Party](#).

IN PERSON GATHERINGS

If you do plan on gathering for the holidays, keep these five tips in mind:

Review your guest list: First, keep it small. Keeping it to your household is best; fewer than 10 people is good. Next, think about who you are inviting. Are any of them at risk of getting severely ill if they get COVID-19? Consider connecting with those folks virtually instead.

Do a health check: Find out if anyone on the guest list has had COVID-like symptoms such as cough, fever, or shortness of breath, in the last two weeks. Anyone with a fever or other symptoms, or anyone exposed to someone with COVID-19 in the past two weeks, should stay home.

Spread out: Set up seating so that people from different households can stay six feet apart. Sit outside rather than inside (which we understand is easier in Maricopa County than in some other parts of the country).

Keep it short: Gather for less than two hours. Shorter periods of time when interacting with others give COVID-19 less chance to spread. Shorter gatherings also make it easier to keep hands and surfaces properly sanitized and to avoid slip-ups in mitigation measures like mask wearing or social distancing. before printing or sending out copies of the newsletter.

Consider the children: It's tough for kids to stay apart. If possible, have them wear masks (if they're over the age of 2) and avoid sharing toys or food.



THIS SEASON'S LAYERS OF PROTECTION

Distance can be difficult, but prioritizing health and safety is a gift worth giving this year. Avoid large gatherings and celebrate only with people in your household to help you and your loved ones stay healthy and stop the spread of COVID-19.

To learn more about COVID-19, its impact on Maricopa County and where you can get tested please click: [MARICOPA](#)

Para Español visita: [Salud Publica del Condado de Maricopa](#)

Follow the Basics

Mask up, social distance, wash hands often, and stay home when sick.



Avoid Mixing Households

This is the safest, least risky way to celebrate. Having others join your circle invites new opportunities for the virus to spread. Consider connecting by video or phone.



Entertain Outdoors

If you choose to connect with people in-person who are outside of your household, do so outdoors, remembering to limit group size and keep at least 6 feet of distance.



Stay Home When Sick or Exposed

Protect your loved ones. If you have possible exposure to COVID-19, get tested and quarantine for 14 days. Stay home when sick and get tested when in doubt.



*"Christmas is, of course, the time
to be home - in heart as well as
body." - Garry Moore*