

IT'S A

# HOLIDAY SEASON

*like no other!*

COVID-19 means we must change the way we celebrate. 'Tis the season to keep everyone safe and healthy! As you prepare for Thanksgiving, Hanukkah, Christmas, Kwanzaa or New Year's, use this placemat so you can keep these tips in mind.

 **ChoiceOne**  
**URGENT CARE**

A member of the  
**University of Maryland**  
**Medical System**



If you must have a gathering, the fewer the people and the shorter the event the better. Plus, hold it outside if possible.



Be careful of anyone coming from a state with high levels of COVID. Think twice too about traveling outside of Maryland or to areas with high rates of COVID.



Avoid seeing anyone with COVID or COVID symptoms, or who is at high risk for the virus. That includes people over 60 and anyone who is immunocompromised or living with a heart or lung condition.

Remember that initial fun of virtual meetings with families and friends? Bring that back for the holidays! A virtual celebration is a great way to stay physically distant and socially connected!



Wear masks, wash your hands and stay 6 feet away from others – always! That means keeping 6 feet from others even if you are gathered around a table.



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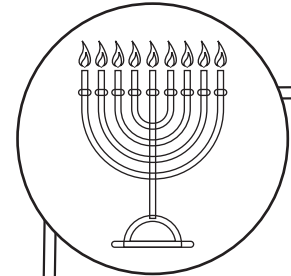
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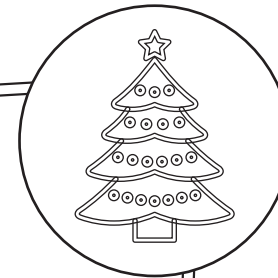
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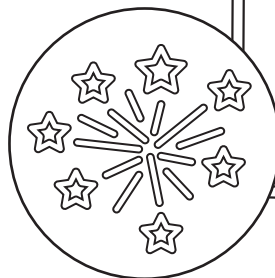


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