

Tips from the CDC: Staying Healthy During the Holiday Season

The safest way to celebrate the holidays this year is to celebrate with people in your household. If you do plan to spend the holidays with people outside your household, take steps to make your celebration safer.

Get your flu shot!

Wear a Face Mask

- Cloth masks should be at least 2 layers.
- Make sure to cover your nose and mouth.
- Make sure the mask fits snugly against the side of your face.
- When eating or drinking, make sure to take the mask off completely and place it on a napkin. Do not tuck the face mask under your chin.

6 feet of Social Distancing

- If you are celebrating with another family unit, make sure to keep 6 feet of social distancing. Remember that some people without symptoms may be able spread COVID or Influenza.

Wash your hands

- Wash your hands often with soap and water for at least 20 seconds.
- Get the hand sanitizer out! Make sure the sanitizer has at least 60% alcohol.
- Wash or sanitize your hands before eating and after eating.

Attending a Gathering

- Bring your own food, drinks, plates, cups and utensils.
- Wear a mask, and safely store your mask while eating and drinking.
- Avoid going in and out of the areas where food is being prepared or handled, such as the kitchen.
- Use single-use options, like salad dressing and condiment packets, and disposable items like food containers, plates and utensils.

Hosting a Gathering

- Have a small outdoor meal with family and friends who live in your community.
- Limit the number of guests to your household and two or fewer households. Seat family groups together with tables 6 feet apart.
- Clean and disinfect frequently touched surfaces and items between use.
- If celebrating indoors, make sure to open windows.
- Limit the number of people in food preparation areas.
- Ask guest to bring their own food and drink.
- Carving a turkey? Have one person serve food and use single-use options, like plastic utensils. Don't forget to sanitize your hands prior to serving the food.

Thinking of Traveling

Travel increases your chance of getting and spreading COVID. The best way to protect yourself and others is to stay home and avoid non-essential travel to other states or countries. If you do decide to travel:

- Check travel restrictions before you go.
- Get your flu shot.
- Always wear a mask in public settings and on public transportation.
- Stay at least 6 feet apart from anyone who is not in your household.
- Wash your hands often or use hand sanitizer.
- Avoid touching your mask, eyes, nose and mouth.
- Make sure to pack extra supplies!
- Traveling by car alone or with your household group is less risky than going by plane, train or bus.

Working on Turkey Day

- Unfortunately, potlucks are out this year.
- Consider bringing individually wrapped goodies to share with your coworkers.
- Remember to practice 6 feet of social distancing in your breakrooms.
- Limit the amount of staff in shared space.
- Keep your mask on unless you are eating or drinking.