

With the Holiday Season upon us please follow CDC Guidelines and CT State Guidelines for Social Gatherings (birthday parties, holiday parties, etc.).

Attending an event or gathering

Prepare before you go:

- Stay home if you have been diagnosed with COVID-19 ([symptoms of COVID-19](#)), if you are waiting for COVID-19 test results, or may have been exposed to someone with COVID-19.
- Check with the organizer or event venue for updated information about any COVID-19 safety guidelines and if they [have steps in place](#) to prevent the spread of the virus.
- Prioritize attending outdoor activities over indoor activities and stay within your local area as much as possible.
- Bring supplies to help you and others stay healthy—for example, [masks](#) (bring extra), hand sanitizer with at least 60% alcohol, and drinking water.

Use social distancing and limit physical contact

- Maintain a distance of at least 6 feet or more from people who don't live in your household. Be particularly mindful in areas where it may be harder to keep this distance, such as check-in areas, parking lots, and routes of entry and exit.
- Select seating or determine where to stand based on the ability to keep 6 feet of space from people who don't live in your household, including if you will be eating or drinking.
- Arrive to the event early or at off-peak times to avoid crowding and congested areas.
- Avoid using restroom facilities or concession areas at high traffic times, such as intermission, half-time, or immediately at the end of the event.

Wear masks

- Wear a [mask](#) when interacting with other people to minimize the risk of transmitting the virus.
 - Wearing masks is most important when social distancing is difficult.
 - Masks are strongly encouraged in settings where individuals might raise their voices, such as shouting, chanting, or singing.

Limit contact with commonly touched surfaces or shared items

- Use touchless garbage cans or pails and cashless payment options when possible. Otherwise, exchange cash or card by placing payment in a receipt tray, if available, or on the counter.
- Avoid any self-serve food or drink options, such as buffets, salad bars, and condiment or drink stations. Use grab-and-go meal options, if available.
- Use disposable food service items including utensils and dishes, if available.
- [Wash your hands](#) with soap and water for at least 20 seconds or use hand sanitizer immediately before eating food or after touching any common surfaces like hand railings, payment kiosks, door handles, and toilets.

[For additional information please refer to the following website](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html#event)

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