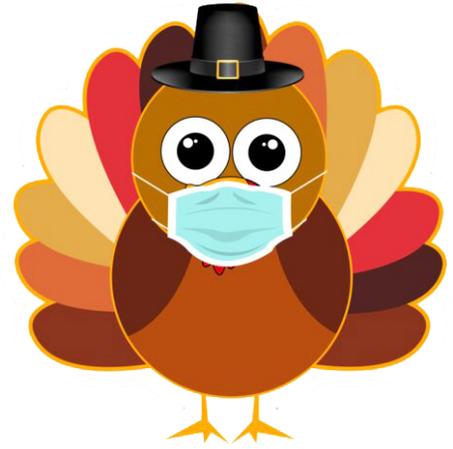


# HEALTH OFFICIAL TIPS FOR HOLIDAY CELEBRATIONS

AND HOW TO HELP KEEP STPPS HEALTHY THIS HOLIDAY SEASON



CDC offers the following considerations to slow the spread of COVID-19 during holiday gatherings. *These considerations are meant to supplement—not replace—any state, local, territorial, or tribal health and safety laws, rules, and regulations with which all gatherings must comply.*

## Attending a Holiday Gathering

If you will be attending a celebration that someone else is hosting:

- Outdoor activities are safer than indoor activities. If participating in an outdoor event is not possible and you choose to attend an indoor event, avoid crowded, poorly ventilated, and fully enclosed indoor spaces. Increase ventilation by opening windows and doors to the extent that it is safe and feasible based on the weather.
- Bring supplies to help you and others stay healthy. For example, bring extra masks (do not share or swap with others), hand sanitizer that contains at least 60% alcohol, and tissues.

## During the Celebration

### **Social distance and limit close contact**

- Maintain a safe distance of at least 6 feet or more from people you don't live with. Be particularly mindful in areas where it may be harder to keep this distance, such as restrooms and eating areas.
- Avoid using restroom facilities at high traffic times, such as at the end of a public event.
- Avoid busy eating areas, such as restaurants during high volume mealtimes, if you plan to eat out at a restaurant.
- Minimize gestures that promote close contact. For example, do not shake hands, bump elbows, or give hugs. Instead, wave and verbally greet others.

### **Wear masks**

- Wear a mask at all times when around people who don't live in your household to reduce the risk of spreading the virus.
- Avoid singing, chanting, or shouting, especially when not wearing a mask and within 6 feet of others.

### **Limit contact with commonly touched surfaces or shared items**

- Clean and disinfect commonly touched surfaces and any shared items between use.
- Use touchless garbage cans if available. Use gloves when removing garbage bags or handling and disposing of trash. After removing gloves, wash your hands.

### **Wash hands**

- Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

### **Keep safe around food and drinks**

- Make sure everyone washes their hands with soap and water for 20 seconds before and after preparing, serving, and eating food. Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- Instead of potluck-style gatherings, encourage guests to bring food and drinks for themselves and members of their household only.
- Limit people going in and out of the areas where food is being prepared or handled, such as in the kitchen or around the grill, if possible.
- Wear a mask while preparing or serving food to others who don't live in your household.
- If serving any food, consider having one person serve all the food so that multiple people are not handling the serving utensils.
- Use single-use options or identify one person to serve sharable items, like salad dressings, food containers, plates and utensils, and condiments.
- Avoid any self-serve food or drink options, such as buffets or buffet-style potlucks, salad bars, and condiments or drink stations. Use grab-and-go meal options, if available.
- If you choose to use any reusable items (e.g., seating covers, tablecloths, linen napkins), wash and disinfect them after the event.
- Look for healthy food and beverage options such as fruits and vegetables, lean proteins, whole grains, and low or no-calorie beverages at holiday gatherings to help maintain good health.

Sources: Centers for Disease Control and Prevention (CDC), National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases



**The holidays are a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others.**

#### **LOWER RISK ACTIVITIES**

- Having a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others
- Having a virtual dinner and sharing recipes with friends and family
- Watching sports events, parades, and movies from home

#### **MODERATE RISK ACTIVITIES**

- Having a small outdoor dinner with family and friends who live in your community
- Lower your risk by following the CDC's recommendations on hosting gatherings or cookouts
- Attending a small outdoor sports events with safety precautions in place

#### **HIGHER RISK ACTIVITIES**

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Participating or being a spectator at a crowded race
- Attending large indoor gatherings with people from outside of your household