

# Plan for a Safe Holiday!

*Simple Ways to Protect Yourself,  
Family and Friends During the  
COVID-19 Pandemic*



# Make Your Holiday Healthy

- The United States has reached record highs of new COVID-19 infections.
- The safest way to celebrate this year is with people who live in the same house or apartment.
- If you do plan to spend Thanksgiving with people outside your household, take steps to make your celebration safer.



# Protect Yourself, Protect Others

- Wear a mask. Do not use masks with an exhalation valve.
- Stay at least six feet away from people who do not live with you.
  - Remember that some people without symptoms may be able to spread COVID-19 or flu.
- Avoid hugging, shaking hands and sharing food or drink.
- Wash your hands frequently.

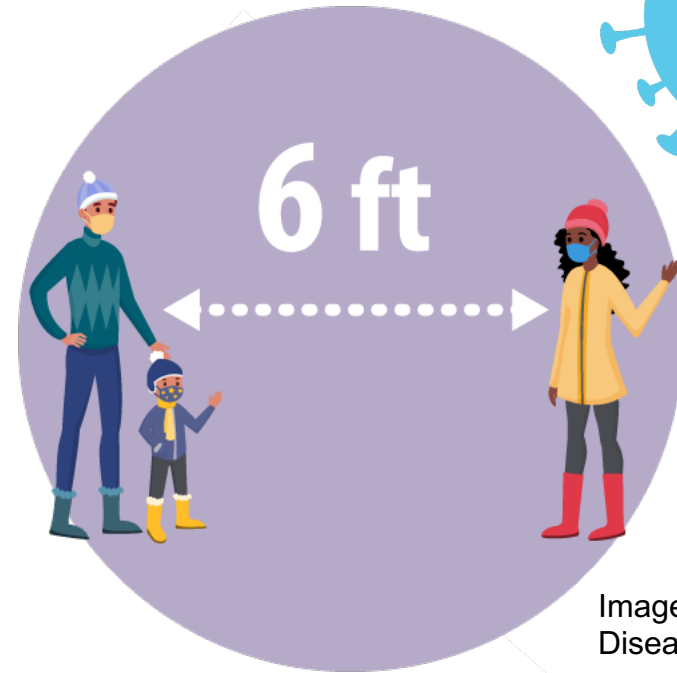


Image Credit: Centers for Disease Control & Prevention



# Make a Holiday Bubble

- Hold a family meeting and commit to creating a safe holiday bubble.
- Two-weeks before the holiday, all members of the bubble should reduce interactions with others (or self-quarantine).
  - Follow safe practices to reduce the risk of exposure: wear a mask, follow physical distancing, avoid crowds, wash or sanitize hands frequently.
  - Limit or eliminate extracurricular activities, if possible.
  - Avoid out-of-classroom social gatherings.
- Have hand sanitizer and wipes available.
- For travel, wear a mask and face shield or goggles in all public places and while on an airplane, bus or train.

Image Credit: Centers for Disease Control & Prevention

# Group Meals and Gatherings

- Have a conversation in advance with friends and family about how to stay safe.
- Keep six feet away from people who do not live with you.
- Wear a mask when not eating.
- Have the meal outdoors, with a small number of people (10 or fewer).
- Avoid serving food buffet-style and use disposable utensils and plates.



Image Credit: Centers for Disease Control & Prevention



Consider hosting a virtual meal with friends and family.



# The following people should not attend a gathering.

- Have symptoms of COVID-19 infection.
- Have tested positive for COVID-19 infection (with or without symptoms) and have not met the criteria to be around others.
- Are waiting for COVID-19 viral test results.
- Have been exposed to someone with COVID-19 in the last 14 days.
- Are at risk of severe illness from COVID-19.

Image Credit: Centers for Disease Control & Prevention

# When Can Someone Who Had COVID-19 Be Around Others?

You can be around others after:

- 10 days since symptoms first appeared **AND**
- 24 hours with no fever without the use of fever-reducing medications **AND**
- Other symptoms of COVID-19 are improving.

You should continue to wear a mask and practice social distancing even if you had COVID-19.



# Wear a Mask to Protect Yourself and Others

Go to Centers for Disease  
Control and Prevention for  
more information.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>