

STAY SAFE

THIS HOLIDAY SEASON

The holidays are in full swing and the very things that make the holidays so special—travel, big meals, and family closeness—are risky during a pandemic. To keep everyone healthy, celebrate this year's holidays in new, safer and more creative ways. Instead of hugs, let's show our love by protecting our families and friends from COVID-19.



! LOWER RISK

- Travel increases the chance of getting and spreading COVID-19. Staying home is safest, but if you must travel, be aware of the risks involved.
- Share a virtual meal with family and friends. Each group prepares its meal, shows off their dishes and shares recipes.
- Have a small dinner with only the people who live in your household.
- Decorate your home and share virtually with family and friends.
- Prepare traditional family recipes for family and neighbors and deliver them in a way that doesn't involve contact with them.
- Shop online rather than in stores.
- Watch sports events, parades, and movies from home.

!! MODERATE RISK

- Being indoors increases the risk of getting or spreading COVID-19, choose to go outside as outdoor activities are safer.
- Have a small outdoor dinner with family and friends who live in your community. These CDC tips can help you plan it: hosting gatherings or cook-outs.
- Attend a small outdoor sports event with safety precautions in place.

!!! HIGHER RISK

Skip these activities this year to protect yourself, your family and community from COVID-19:

- Avoid attending large indoor gatherings, including holiday meals with people from outside of your household.
- Avoid shopping in crowded stores.
- Avoid participating in or being a spectator at a crowded event like a race or parade.
- Avoid using alcohol or drugs, as they can cloud judgment and increase risky behaviors.

STAY

SMART.

DO

YOUR PART.

Together Against Covid-19

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