

Tips for a Healthy Happy Holiday

Tips from the CDC on how to celebrate safely and limit the risk of contracting COVID-19 during the holidays.

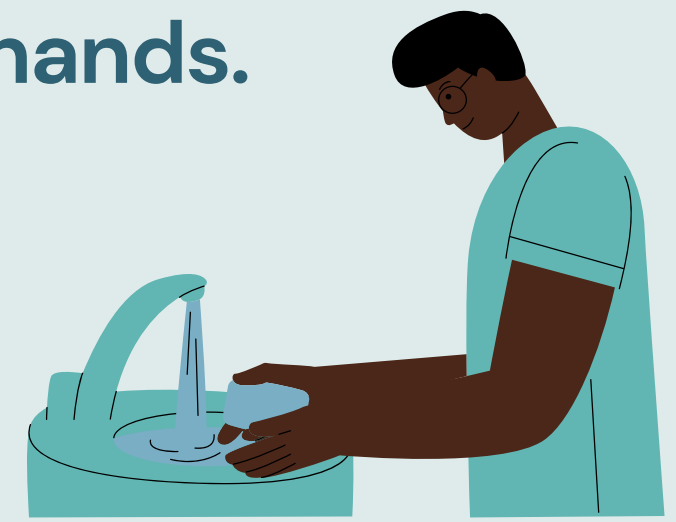
Limit number of attendees

Require guests to wear masks. At gatherings that include persons of different households, everyone should always wear a mask that covers both the mouth and nose, except when eating or drinking.



Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.

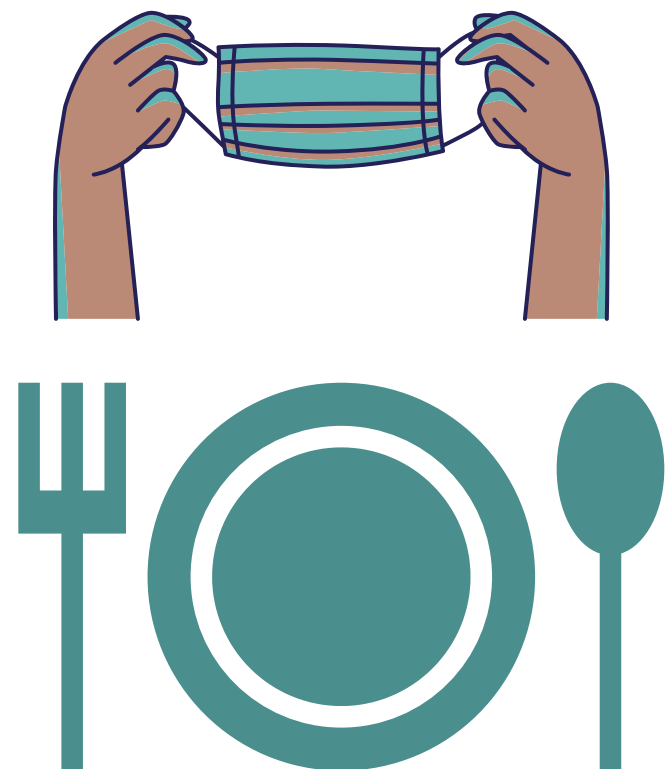


Meal Precautions & Food Safety

Encourage guests to bring food and drinks for themselves and for members of their own household only; avoid potluck-style gatherings.

Use masks when making and distributing food as well.

Safely store masks when eating to be able to put back on when finished



Stay at home if you or a member of your family has symptoms or been exposed to COVID-19

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.

Or if you know you have been around someone who has tested positive in the last 14 days



Practice social distancing.

Have guests from other households maintain at least 6 feet distance from one another and wear masks.



Avoid touching high risk areas.

Sanitize doorknobs, trashcan lids, light switches, and other areas that are frequently touched. Use throw away utensils.

