

Tips for a Healthier Holiday Season During COVID-19



COVID-19 is surging to unprecedented levels across the nation and in California. A vaccine is expected to be available for some at-risk segments of the population soon, but we need to remain vigilant now, especially during the holiday season. To keep yourself and loved ones safe, follow these guidelines:

- Check your region's tier status to find out what types of activities and gatherings are permitted in your region based on the current spread of the virus.
- Avoid public settings, but if you must go out in public to shop for groceries or perform other essential duties, wear a mask
- Wear a mask not only with people you do not know, but with anyone you don't live with including close friends and family.
- Keep your distance – especially from older family members and those with chronic health conditions.
- Do not gather indoors with other households if your region prohibits it.
- If you are in a region where indoor gathering is permitted, when indoors, keep windows and doors open so fresh air circulates and wear a mask.
- If you are in a region where indoor gathering is permitted, use all the space you can indoors; spread things out.
- Don't share utensils or drinks with anyone.
- Commit to keeping gatherings short, whether inside or outside. Shorter is safer.
- People at higher risk of severe illness or death from COVID-19 (such as older adults and people with chronic medical conditions) are strongly urged not to attend any gatherings, especially indoor gatherings. If you gather with older people or those with chronic conditions, make sure they wear a surgical or N95 mask both indoors and outdoors.
- It is safest to celebrate the holidays with the people who already live with you. If your region is allowing small gatherings, only invite a maximum of two other households to your gathering.
- Travel increases your chance of getting and spreading the virus. Incoming travelers from out of state should self-quarantine for 10 days after arrival before mixing indoors with others. Travel within California regions is prohibited by some regions except when it is for an essential activity. Check your region's order on travel.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer. Avoid touching your eyes, nose, and mouth.

