

Tips for a Healthier Holiday Season During COVID-19

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The spread of COVID-19 is increasing across the country and in California as colder weather drives more people indoors. To keep yourself and your loved ones safe, follow the guidelines for small gatherings and here are some extra tips on how to celebrate the holidays more safely.

- Check your county's tier status to find out what types of activities and gatherings are permitted in your county based on the current spread of the virus.
- Wear a mask in public settings, like on public and mass transportation, at events and gatherings, shopping and in stores, and anywhere you will be around people who do not live with you.
- 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 county prohibits it.
- If you are in a county 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 county 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.
- It is safest to celebrate the holidays with the people who already live with you, but if you invite others, 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 14 days after arrival before mixing indoors with others.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer. Avoid touching your eyes, nose, and mouth.
- Stay home if you are sick.

