

Mitigating COVID-19 risks during the Holidays

These tips were developed from guidelines from the Centers of Disease Control and Prevention (CDC). If you are sick or have been in contact with someone who is sick or has COVID-19 symptoms, you should stay away from others.



Lower Risk



Having a small dinner with only people who live in your household

Preparing traditional family recipes for family and neighbors and delivering them in a way that does not involve contact with others



Having a virtual dinner and sharing recipes with family and friends

Shopping online rather than in person



Watching sports events, parades and movies from home

Moderate Risk



Having a small outdoor dinner with family and friends who live in your community while 6 feet apart

Attending a small outdoor sports event with safety precautions in place



Higher Risk

Attending large indoor gatherings with people from outside your household



Going shopping in crowded stores

Participating or being a spectator at a crowded race/marathon



Attending crowded parades

Travel Considerations



- Check the cases in the last seven days for your destination. The more cases, the more likely you are to get infected during travel.
- Check if your destination has requirements or restrictions for travelers such as masks, mandatory testing, or quarantining
- Wear a mask in public settings including public transportation, airports, and stations
- Stay 6 feet away from anyone not in your household
- Consider mode of transportation and know your travel risk. Short trips by car with members of your household with no stops along the way is the lowest risk. Long distance train or bus trips and flights are higher risks.

Safety Precautions for Gatherings

- Remind guests to stay home if they have been exposed to COVID-19 in the last 14 days or are showing COVID-19 symptoms
- Consider keeping a list of guest who attended for potential future contact tracing needs
- Host your gathering outdoors if possible. If not, open windows and make sure the room is well ventilated.
- Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together, but need to be 6 feet away from other households.
- When guests arrive, minimize gestures that promote close contact such as hugs and shaking hands. Instead wave and verbally greet each other.
- Wear masks when less than 6 feet apart from people or when indoors
- Wash your hands for at least 20 seconds when entering and exiting gatherings. If soap and water are unavailable, use hand sanitizer that contains at least 60% alcohol.
- Remind guest to wash their hands before serving or eating food

