



OFFICE OF AFRICAN AMERICAN AFFAIRS

EVERYONE CAN MAKE THIS HOLIDAY SEASON SAFER

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The weather is changing and the holidays are near. As we prepare for celebrations, keep in mind, the safest way to celebrate is with those you live with. Doing so will help decrease your chances of getting and spreading Covid-19 and the flu to those around you.

As we celebrate and numbers continue to rise, this article will offer ideas for you and your family to consider, as you prepare your upcoming holiday plans.

WINTER HOLIDAY SEASON



HOLIDAY TRAVEL

Travel can increase your chances of getting Covid-19 and spreading it. Centers for Disease Control and Prevention (CDC) continues to recommend postponing travel and staying home, as this is the best way to protect yourself and others this year.

SAFER CELEBRATIONS

The safest way to celebrate the holiday season is at home with those that live with you. However, here are some alternatives if you do not live with family and friends, or for connecting with others outside of your household:

- Host a virtual celebration with family outside of your home. Schedule a time to have a meal together or share in other family traditions.
- Schedule a time to do a gift exchange virtually or have the kids gather to decorate gingerbread houses or cookies.
- If your holiday plans usually involve visiting Santa, look into safer ways to continue to enjoy these traditions such as virtually meeting with Santa.

Religious Ceremony

If religious ceremonies are a part of your family traditions, consider continuing the safest way possible this year, which is virtually.



WINTER HOLIDAY SEASON



If you chose to gather with others outside your home, gatherings should be small and outdoors if possible. Remember to use Covid-19 safe practices always.

COVID Safe Practices:

- Avoid crowded, poorly ventilated indoor spaces.
- Wash your hands for at-least 20 seconds.
- Wear a mask, and make sure your nose and chin are completely covered.
- Stay at least 6 feet away from others who do not live with you.
- Get a flu shot as soon as possible.

Continue to stay safe, protect yourself, your loved ones, and those in your community.

Happy Holidays

References:

[Winter Holidays](#) | [CDC](#)