

Recreate Your Celebration

This year, create your celebration virtually or only with members of your household who maintain safe COVID-19 practices.



Help Clean Up

Clean and disinfect the surface where you have just eaten. Do the same for any frequently touched



Resist Gatherings

The more people, the more risk that COVID-19 will spread, especially if you interact for a long time. In any public space, stay six feet apart and remain masked.



Avoid Traveling

Travel only if you must, and follow your local government's mandates. Travel increases your chance of getting and spreading the virus.



Enjoy Eating Wisely

Share meals only with those who live in your home and follow COVID-19 protocol. Take-out, drive-through, and curbside pick-up service are lower-risk options. Dining out, even with restrictions, makes the risk much higher.



Commuter Tips

If you must use public transportation, always mask up, and socially distance as best you can while waiting on platforms and inside a bus or train.



2020-21 Healthy Holidays

Safety Doesn't Happen by Accident

Mask Up

The use of a mask slows the spread of COVID-19. Everyone should wear a mask in public settings and when around people who don't live in their household.



Practice Hand Hygiene

Wash your hands often, before leaving and returning home and when you visit any public space. Use soap and water for 20 seconds or a hand sanitizer with at least 60 percent alcohol.



Reduce Stress

Holidays can cause added stress. Remember to do what's best for you. Eat healthy, get enough sleep and stay active to lessen fatigue and anxiety.



Why a Flu Shot

Influenza is a serious virus and can mimic COVID-19 symptoms. An annual flu shot is the best protection.

