

2020

# HOLIDAY SEASON



Do you plan to visit someone who is high risk to get very sick with COVID-19?



Are you high risk yourself, or do you live with someone who is?



How will you celebrate while protecting the people you love?

## Trying to decide how to celebrate?

Ask yourself questions like these to think about factors that impact risk for you and your loved ones. Take time to decide how to celebrate the holidays this year. Make a plan, and talk to your loved ones about it.



- Time: How long will we be together? Shorter than usual?
- People: Will there be fewer attendees than usual, who mostly live together?
- Space: Is it a big place or outside? Is there space to be 6 feet apart from others?
- Number of social interactions: How many holiday activities or social get togethers will you attend?
- Are the attendees health-conscious? Do they generally avoid social gatherings, wear a mask at social gatherings and in public, practice social distancing, and wash hands?
- How likely are the attendees to wear masks during the social time?
- Will I be able to take extra precautions to protect my high-risk loved ones? Or to protect myself?

## Factors of COVID-19 risk: time, people, space, number of interactions



## Reduce risk during holiday activities.

### Lower risk

- Play games and eat with only the people you live with.
- Make your special dish and arrange contactless delivery to share.
- Enjoy a virtual dinner - share recipes, memories, and traditions.
- Shop using online orders or curbside pick-up.
- Watch sports, parades, and movies from home.

### Medium risk

- Eat 6 feet apart at different tables. Separate tables = separate households.
- Attend a small outdoor bonfire with family and friends. Bring your own snacks and silverware.
- Shop for holiday supplies when it's not busy.
- Go to small outdoor sports events that follow safety precautions.

### Higher risk

- Eat indoors with many families and friends who you don't live with.
- Shop in crowded stores.
- Participate in or attend crowded traditions, like parades or races.
- Attend multiple events/gatherings.



## This is a tough time. Be kind to yourself and others.

It's normal to feel stressed during a crisis. It's also normal to ask for help managing your stress:

- Call 1-800-720-9616, or
- Text "4HOPE" to 741 741



- Relieve stress by staying active with your favorite activity - take a walk, find an exercise video online.
- Find balance in what you eat - enjoy holiday treats in moderation and prioritize fruits and vegetables.
- Keep rested - stick to a bedtime to help you get enough sleep.
- If you choose to drink alcohol, do so in moderation.
- Stay socially connected to loved ones in safe ways - video chat or take a distanced winter walk.
- Listen to and respect others' decisions about how to celebrate.

### Celebrating with people you don't live with?

Reduce your risk of getting sick and protect others:

- Wear a clean mask at all times during the gathering except when eating. Wash afterwards.
- Wash your hands and remind others to do so.
- Limit the amount of time you spend with others.
- Sit physically apart. The more distance the better between people who don't live together.
- If sharing food, have each person use their own unused utensils to dish out their food.
- Have a clean-up plan to not crowd together in the kitchen.

### Think you've been exposed?

To protect others, be extra cautious for 14 days after the event:

- Stay home as much as possible.
- Avoid being around people at high risk for severe illness from COVID-19.
- Consider getting tested for COVID-19 with a PCR test, 5+ days after exposure. Find a PCR testing site at: [LorainCountyHealth.com](http://LorainCountyHealth.com)
- Pick up the phone when it rings - your local health department calls all close contacts of confirmed COVID-19 cases.

**There is no such thing as zero risk.** If you get together with anyone you don't live with, you might give COVID-19 to them, or they might give it to you.

**Be safe and healthy as you find ways to enjoy this holiday season.**



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For the Health of Us All

[LorainCountyHealth.com](http://LorainCountyHealth.com)