

# How can I stay safe this holiday season?



This holiday season will be unlike anything we have experienced before. If you have questions or concerns about celebrating with friends or family this year, ask yourself the following questions to assess the risk levels and your personal comfort. Remember, the virus doesn't move by itself — people move the virus.

1. How many people, and from how many different households, will be attending the dinner or party?
2. When I am not masked (such as when I am eating), and at most other times, will I be able to stay at least 6 feet away from others who are not part of my immediate household?
3. Have the people who are attending the event been taking precautions to keep themselves at a lower risk of contracting COVID?
4. Will my friends and family respect my request for all of us to be masked?
5. Will anyone be arriving from out of the region or state, and will they be following the New York State travel guidelines (e.g., testing prior to arrival, etc.)?
6. If someone wants to come to my home, will they respect my safety requirements? Am I comfortable speaking up if they don't?
7. Am I comfortable accepting the risk of getting sick from this event?
8. Am I high risk for severe complications from COVID-19 due to my advanced age, underlying health conditions or weakened immune system?

**After carefully reviewing your answers, consider whether you will feel comfortable with the holiday plans you've already made. If you feel uneasy or unsure about the level of risk you believe the situation presents, make other arrangements.**

## Wear your mask and keep a safe distance to reduce your risk

If you want to have a more traditional holiday celebration with a small group of friends or family, be clear and set some ground rules for everyone in order to be together safely.

Ask the people you would like to celebrate with to limit their in-person interactions with others for two weeks prior to the event. Be clear that everyone will be required to wear masks while inside, other than when eating. Try to keep as much distance between guests as possible when sitting at the table — 3 feet apart is better than 2 feet, etc.

Or consider taking this opportunity to get creative with your celebrations — invite your friends and family to a video call where you can gather around the table together and share a meal while keeping a safe distance.

**The precautions we've been taking all year are still important to limit the spread of the disease.**



**THE MORE CAUTIOUS  
WE ARE THIS YEAR,  
THE BETTER OUR  
CHANCES OF BEING  
TOGETHER AT THE  
TABLE NEXT YEAR.**

**WE CAN STILL SPREAD CHEER WITHOUT SPREADING COVID.**