



COVID-19 Guidance for the Winter Holidays

Holiday Travel – Air/vehicle travel, traveling overnight

Travel increases your chances of getting and spreading COVID-19. Staying home is the best way to protect yourself and others from COVID-19.

Use the CDC’s travel resources to determine the level of COVID-19 spread at your destination before you make plans to travel:

- [Check Each State’s Case Numbers in the Last 7 Days](#)
- [Travel Recommendations for Destinations Around the World](#)

Airports, bus stations, train stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces. These are also places where it can be hard to social distance.

Don’t travel if you are sick or if you have been around someone with COVID-19 in the past 14 days. Don’t travel with someone who is sick.

Recommendation: During the COVID-19 pandemic, residents are encouraged to avoid travel as much as possible, especially during this busy travel season.

Traveling Overnight	<ul style="list-style-type: none"> ○ Check the hotel’s COVID-19 prevention practices before you go. ○ Use options for online reservations and check-in, mobile room keys, and contactless payment, when possible. ○ Wear a mask in the lobby or other common areas. ○ Minimize use of areas that may lead to close contact (within 6 feet) with other people as much as possible, like business centers, outside patios, inside lounging areas, dining areas/kitchens, game rooms, pools, hot tubs, saunas, spas, salons, and fitness centers. ○ Take the stairs. If the stairs are not an option, wait to use the elevator until you can either ride alone or only with people from your household.
Air travel	<p>Air travel requires spending time in security lines and airport terminals, which can bring you in close contact with other people and frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights, and sitting within 6 feet of others, sometimes for hours, may increase your risk of getting COVID-19.</p> <p>Consider how you get to and from the airport. Public transportation and ridesharing can increase your chances of being exposed to the virus.</p> <p>Tips:</p> <ul style="list-style-type: none"> ○ Wear a mask to keep your nose and mouth covered when in the airport and on your flight. ○ Wash your hands often or use hand sanitizer (with at least 60% alcohol). ○ Avoid touching your eyes, nose, and mouth.

Car travel

Making stops along the way for gas, food, or bathroom breaks can put you and your traveling companions in close contact with other people and frequently-touched surfaces.

Tips:

- Wear a mask to keep your nose and mouth covered when:
 - Riding in a vehicle with individuals from outside of your household.
 - Making stops at rest areas, gas stations, restaurants, etc.
- Avoid close contact by staying at least 6 feet apart from others when making stops.
- Wash your hands often or use hand sanitizer (with at least 60% alcohol).
- Avoid touching your eyes, nose, and mouth.

Holiday Gatherings - *Hosting and attending holiday gatherings*

Holidays are often celebrated with gatherings of friends and family and may involve the sharing of a meal. During the COVID-19 pandemic, your risk of being exposed to COVID-19 increases when you spend time with individuals who live outside of your household.

Recommendation: Residents are encouraged to celebrate the holidays with people in their own household. Leave large family gatherings for when the COVID-19 risk is much lower.

Hosting Gatherings

Keep gatherings small.

Guests

- Remind guests to stay home if they are sick or if they have been exposed to anyone with COVID-19 or symptoms of COVID-19 in the last 14 days.
- Consider keeping a list of guests who attended for potential future contact tracing needs.

Location/Space

- Host your gathering outdoors, when possible. If not possible, make sure the room or space is well-ventilated (for example, open a window).
- Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and do not need to be 6 feet apart – just 6 feet away from other families.

Masks/Social Distancing

- When guests arrive, avoid shaking hands and giving hugs. Instead, wave and verbally greet them.
- Wear masks when less than 6 feet apart from people or indoors.
- Consider providing masks for guests or asking them to bring their own.
- If planning activities for adults and/or kids, consider those where social distancing can be maintained.

Clean Hands

	<ul style="list-style-type: none"> ○ Consider providing hand sanitizer in addition to clearly marked hand washing areas. ○ Remind guests to wash their hands before serving or eating food. ○ Use single-use hand towels or paper towels for drying hands so guests do not share a towel. <p><u>Serving Food</u></p> <ul style="list-style-type: none"> ○ Encourage guests to bring their own food and drinks. ○ Limit people going in and out of the areas where food is being prepared or handled, such as in the kitchen or around the grill, if possible. ○ If serving food, consider identifying one person to serve all food so that multiple people are not handling the serving utensils. ○ When possible, use single-use options or identify one person to serve sharable items, like salad dressings, food containers, and condiments, so that multiple people are not handling the items. <p><u>Cleaning</u></p> <ul style="list-style-type: none"> ○ Use touchless garbage cans or pails. ○ Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves. ○ Clean and disinfect commonly touched surfaces and any shared items between use when feasible. ○ If you choose to, use any shared items that are reusable (e.g., seating covers, tablecloths, linen napkins), wash, clean, and sanitize them after the event.
<p>Attending Gatherings</p>	<p><u>When to Stay Home</u></p> <p>Stay home if:</p> <ul style="list-style-type: none"> ■ You have been diagnosed with COVID-19 (symptoms of COVID-19). ■ You are waiting for COVID-19 test results. ■ You may have been exposed to someone with COVID-19. <p><u>Prepare Before You Go</u></p> <ul style="list-style-type: none"> ○ Bring supplies to help you and others stay healthy—for example, masks (bring extra), hand sanitizer with at least 60% alcohol, and drinking water. <p><u>Use social distancing and limit physical contact</u></p> <ul style="list-style-type: none"> ○ Maintain a distance of at least 6 feet or more from people who don't live in your household. Be extra careful in areas where it may be harder to keep this distance. ○ Choose your seat or determine where to stand based on the ability to keep 6 feet of space from people who don't live in your household, including if you will be eating or drinking. <p><u>Wear a Mask</u></p> <ul style="list-style-type: none"> ○ Wear a mask when interacting with other people to minimize the risk of transmitting the virus.

	<p><u>Clean Hands</u></p> <ul style="list-style-type: none"> ○ Wash your hands with soap and water for at least 20 seconds or use hand sanitizer immediately before eating food or after touching any common surfaces like hand railings, payment kiosks, door handles, and toilets. <p><u>Food</u></p> <ul style="list-style-type: none"> ○ Avoid any self-serve food or drink options, such as buffets, salad bars, and condiment or drink stations. Use grab-and-go meal options, if available. ○ Use disposable food service items including utensils and dishes, if available.
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Resource: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html>

Holiday Shopping

Recommendation: Residents are encouraged to minimize holiday shopping during peak hours and at peak locations in order to minimize the risk of COVID-19 exposure.

<p>Holiday Shopping</p>	<p><u>When to Stay Home</u></p> <p>Stay home if:</p> <ul style="list-style-type: none"> ■ You have been diagnosed with COVID-19 (symptoms of COVID-19). ■ You are waiting for COVID-19 test results ■ You may have been exposed to someone with COVID-19. <p><u>Online Options</u></p> <ul style="list-style-type: none"> ■ Call ahead to your favorite local business to ask about online purchase options or curbside pickup. <p><u>Avoid Crowds</u></p> <ul style="list-style-type: none"> ○ Go shopping during hours when fewer people will be there (for example, early morning or late night). ○ Stay at least 6 feet away from others while shopping and in lines. ○ Avoid locations that are especially crowded and where long lines form. <p><u>Masks, Social Distancing, Clean Hands</u></p> <ul style="list-style-type: none"> ○ Wear a mask in public shopping locations. ○ Stay at least 6 feet away from others while shopping and in lines. ○ If possible, use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.
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Resource: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>