Staying healthy in body, brain, and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health and prosperity.

### Celebrating the Holidays during a Pandemic

Have you thought about what your holiday season will look like this year? I know that I am used to having a house full of family and friends celebrating the holidays with lots of food and laughter. This year, we need to modify our holiday plans to reduce the spread of COVID-19 to keep our families, friends and community healthy and safe.

The safest way to celebrate the holidays this year is to celebrate with individuals in your household. If you plan to spend the holidays with individuals outside your household, take the steps recommended by the CDC to make your holidays safer.

- Wear a mask (one with 2 or more layers that covers your nose and mouth)
- Stay at least 6 feet away from others who do not live in your household (especially individuals who are at higher risk of getting very sick)
- Wash your hands (wash them often for at least 20 seconds, or utilize hand sanitizer)
- Bring your own food, drinks, plates, cups and utensils
- Avoid going in and out of areas where food is being prepared
- Use single-use options such as salad dressing, condiment packets, etc.
- Limit the amount of guest you invite to your household
- Have conversations with guests to set expectations on how the celebration will look
- Clean and disinfect surfaces frequently

It is very important to not host or attend a holiday celebration if you or anyone in your household has recently been diagnosed with COVID-19, has symptoms of COVID-19, is currently waiting on test results, has been exposed to someone in the past 14 days with COVID-19, or has an increased risk of severe illness if exposed to COVID-19.

Holidays are the way to celebrate the family and friends that we care about, we just need to be mindful of the way we celebrate this year. COVID-19 can be easily spread from person to person during our traditional holiday celebrations, utilizing the recommendations from the CDC listed above will help guide you in keeping your holiday celebrations safer this year.