

## GUIDANCE FOR CELEBRATING HOLIDAY TRADITIONS SAFELY DURING COVID-19 PANDEMIC

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Solano Public Health offers the following considerations to help protect individuals, families and communities from COVID-19. In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread. Remember the safety protocols – wear a mask, watch your distance and wash your hands. If you are sick or have symptoms, don't host or attend a gathering. There are several ways to enjoy holiday traditions and protect your health. The best way to minimize COVID-19 risk and keep your family and friends safer is to get vaccinated if you're eligible.

### Guidance for Safer Social Interactions

The safest approach is to stay home and interact with people within your household. If you do decide to interact with others, be mindful of potential risks and find ways to celebrate as safely as possible.

- If you decide to interact with others outside your own household, keep it small, make sure people wear masks, tell invitees not to come if they feel ill in any way, and ensure that people are able to maintain 6-foot physical distancing from each other.
- Outdoors is safer than indoors. Indoor spaces are riskier than outdoor spaces because it might be harder to keep people apart and there is less ventilation. Regardless of the venue, stay six feet apart and always wear a face covering around people outside of your own household.
- Limit the number of guests. This not only lowers your risk of exposure to the virus, but small numbers also make it easier to maintain physical distance.
- Keep distance from people who are at higher risk for severe illness, such as older adults and those with underlying medical conditions. Consider inviting them through video chat instead.
- Ensure supplies that promote healthy hygiene are readily available, including hand sanitizers containing at least 60% alcohol, paper towels, masks and disinfectant wipes.
- Discourage people from sharing items that are difficult to clean or disinfect.
- If you are feeling sick, stay home. It is not worth the risk of infecting friends and loved ones you'll see at a gathering. Consider leaving if you start feeling sick at the gathering.

### General Best Practices

- Wear a face covering whenever you leave home.
- Wash hands often frequently with soap and water for at least 20 seconds or use an alcohol-based sanitizer.
- Avoid touching your face with unwashed hands.
- Sneeze and cough into your elbow or a tissue.
- Clean and disinfect frequently touched surfaces regularly, including keys, door handles, and handrails.

### What to Do if You Were Exposed to COVID-19 or Start to Feel Ill

If you were exposed to someone who is sick with COVID-19 or have any one of the following symptoms that is new and not otherwise explained, get tested for COVID-19.

#### Here are symptoms of COVID-19:

- Fever, chills, repeated shaking or shivering
- Cough or sore throat
- Shortness of breath
- Difficulty breathing
- Feeling unusually weak or fatigued
- New loss of taste or smell
- Muscle pain
- Headache
- Runny or congested nose
- Diarrhea

### Getting Tested for COVID-19

To get tested for COVID-19, contact your healthcare provider. You can also register for free testing at the State's community testing sites even if you do not have symptoms or do not have health insurance. Sign up through [www.LHI.care/covidtesting](http://www.LHI.care/covidtesting) or call 888-634-1123. Same-day appointments are available, and results are provided within 2-3 business days.

### Resources

- For guidance from the CDC about Halloween activities organized by risk, visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/celebrations.html>
- For COVID-19 vaccine information, visit [www.solanocounty.com/covid19](http://www.solanocounty.com/covid19)
- For additional information and guidance from the State, visit [www.covid19.ca.gov](http://www.covid19.ca.gov)