



How to Have a Safer Holiday

What’s your risk for keeping yourself, your family, and friends safer this holiday season?

In the era of COVID, there is no such thing as a perfectly safe way for people from multiple households to gather – family or not. Getting together with people outside your household is risky business. But there *are* ways to reduce the health risks to you and the people you care about. Creating a [family holiday bubble](#) is one way to help keep your family and friends safe this holiday season. Knowing and reducing the risks of getting and transmitting COVID is another.

The information below will help you weigh the risks of gathering against the potential benefits.

To clarify, *minimizing* your risk does not *eliminate* your risk. When it comes to COVID, there are no guarantees. The key is to know the risks, make a plan, and commit to sticking to the plan. Yes, it will be hard. It will take commitment from everyone who will be attending. If we all commit to keeping risk levels low, we can have gatherings that are safe and joyful.

If anyone in your household or the households you are gathering with can say yes to any of these questions, your safest option will be to stay at home and gather with others virtually.

- Have you been diagnosed with COVID-19 and not yet met the [criteria](#) to safely be around others?
- Do you have [symptoms](#) of COVID-19?
- Are you waiting for test results for COVID-19?
- Have you been [exposed](#) to someone with COVID-19 in the last 14 days?
- Are you at [increased risk of severe illness](#) from COVID-19?
- Do you live with someone who is at [increased risk of severe illness](#) from COVID-19?

What is the number of daily new cases in the county where the celebration will be held? <i>find # of daily new cases at https://covidactnow.org/</i>			
Safest Option	Low risk	Moderate risk	High Risk
Less than 1.0 (per 100k)	1.0 – 3.9 (per 100k)	4.0 – 7.0 (per 100k)	More than 7.0 (per 100k)

Where will the celebration be held?			
Safest Option	Low risk	Moderate risk	High Risk
Online	Outdoors	Indoors with windows open for ventilation	Indoors with no ventilation

How long will the celebration last?			
Safest Option	Low risk	Moderate risk	High Risk
Delivering food or cards without contact	Less than 15 minutes	Between 15 minutes and two hours	More than two hours Sleeping in the same room as someone else

How many households will be at the celebration?			
Safest Option	Low risk	Moderate risk	High Risk
One household	Two households	Three households	More than three households

Where do the guests live and work?			
Safest Option	Low risk	Moderate risk	High Risk
Everyone lives and/or works in the same city	Everyone lives and/or works in two cities	Everyone lives and/or works in three cities	Everyone lives and/or works in more than three cities

Two weeks before the celebration:

You and your guests should leave your home for essentials only, wear face masks, practice physical distancing, wash hands often, and limit contact with commonly touched surfaces. This will help ensure that all of your guests are healthy when they arrive.

To protect yourselves during the celebration:

The safest celebrations would be online gatherings, but if you do opt to gather in person, encourage guests to wear masks except when eating, practice physical distancing, wash hands often and limit contact with commonly touched surfaces.

Resources

- View new COVID-19 cases, deaths, hospitalizations and more: www.covidactnow.org/
- Innovative holiday and winter gatherings in the time of COVID-19: www.jhsph.edu/covid-19/articles/innovative-holiday-and-winter-gatherings-in-the-time-of-covid-19.html
- Build your own holiday bubble: www.bcm.edu/coronavirus/for-the-baylor-community/from-dr-james-mcdeavitt/build-your-own-holiday-bubble
- Guidance for private gatherings from the California Department of Public Health: www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/CDPH-Guidance-for-the-Prevention-of-COVID-19-Transmission-for-Gatherings-10-09.aspx
- Considerations to help protect individuals and their families, friends and communities from COVID-19: www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html
- Learn more about the spread of COVID-19 in California and what activities are allowed: www.covid19.ca.gov/safer-economy/
- Shasta County COVID-19 Information: www.ShastaReady.org