



# TAKE CHARGE OF YOUR RISK DURING THE HOLIDAYS

Follow this checklist to celebrate the holidays more safely and lower your risk for getting and spreading COVID-19 while attending social gatherings.\*

## BEFORE THE GATHERING

### ASK YOURSELF:

### IF YES

- Do I have COVID-19 symptoms? . . . . . Stay home and get tested
- Am I sick? . . . . . Stay home
- Am I considered at high risk? . . . . . Take all cautionary measures
- Do I live with someone who is at high risk? . . . . . Take all cautionary measures
- Am I vaccinated? . . . . . If no, take all cautionary measures

## AT THE GATHERING

- If you're not vaccinated, wear a mask
- If you have a weakened immune system, wear a mask
- Wash your hands with soap and water for at least 20 seconds regularly
- Bring your own hand sanitizer.

## AFTER THE GATHERING

Wash your hands with soap and water for at least 20 seconds when you get home.

## CONSIDER TAKING CAUTIONARY MEASURES\*\* IF ATTENDING AN EVENT IN HIGHER RISK SITUATIONS SUCH AS:

- event is indoors and poorly ventilated or crowded
- event includes a mix of guests who are and aren't vaccinated
- event is outdoors and crowded
- event includes guests who are from areas that have high COVID-19 numbers
- event is hosted in an area with high COVID-19 numbers.

## IF YOU'RE HOSTING AN EVENT, CONSIDER THESE STEPS FOR A SAFER GATHERING:

- Include only guests who are vaccinated
- Ask all guests to get tested before attending
- Hold event outdoors
- If indoors, keep well-ventilated and/or use a HEPA air purifier
- Allow for plenty of space (you may want to limit number of guests) so that guests can maintain a 6-foot distance
- Provide easy access to handwashing and hand sanitizer.

\*This checklist was developed based on CDC recommendations. To learn more about safely attending and hosting social events, [visit their site](#).

\*\*Cautionary measures include these W's: Wear a mask, watch your distance, wash your hands, when you can, get vaccinated. Plus, avoid crowds and poorly ventilated indoor spaces. Measures are also detailed [here](#).