

REOPENING RI

Tips for a safer holiday season

Rates of new COVID-19 cases and deaths are steeply rising in Rhode Island and across the country. Wherever you celebrate this holiday season, follow these tips and consider participating in only lower risk activities to help lower the chances of catching and spreading COVID-19.



Lower risk celebrations

- **Limit in-person holiday gatherings to only people you live with.** Do not travel or host guests for the holidays. Staying home and celebrating with only those you live with is the best way to protect yourself and others from COVID-19.
- **Find safer, creative ways to celebrate the holidays** with people you don't live with.
 - Prepare or order a holiday meal for friends or family. Deliver food to them in a way that limits contact.
 - Host a virtual holiday dinner with extended family or friends, especially if they are at a higher risk for severe illness from COVID-19 or live in a nursing home or assisted living facility.
 - Watch sporting events, parades, and movies from home or virtually with others rather than going out.

Higher risk celebrations

If you risk celebrating the holidays in person with people you don't live with:

- Wear your mask and watch your distance at all times.
- Take it outside as weather permits.
- Limit social gatherings to no more than 15 people as required by law, unless you are at a restaurant or a location with an on-site licensed caterer.
- For 14 days before and after holiday gatherings, stay home, avoid contact with other people, and only leave home for essential services like going to work, buying groceries, and appointments with doctors.
- Plan and get creative with limiting the use of shared spaces and objects. For example, seat people at least six feet apart from each other. When exchanging gifts, use hand sanitizer or exchange gifts virtually.

Avoid these activities

- Avoid sharing food and drinks.
- Avoid shaking hands and hugging. Wave and verbally greet others instead.
- Avoid singing, dancing, chanting, and shouting. These activities increase your chances of catching COVID-19 through the air.
- Avoid outdoor family football games and other high-contact activities.
- Avoid in-person gatherings with people at a higher risk for severe illness from COVID-19, such as older adults and people with certain medical conditions.

- **Any time you're near people you don't live with, wear your mask and watch your distance.**
- **Remember the three Ws!**
 - **Wear a mask** that's at least two layers thick and fits snugly but comfortably over your nose, mouth, and chin without any gaps.
 - **Wash your hands** often with soap and water for at least 20 seconds. Or carry and use hand sanitizer that's at least 60% alcohol.
 - **Watch your distance** by staying at least six feet apart from others.
- **Stay home and apart from others if you have symptoms**, if you may have been exposed to someone with COVID-19, or if you are in quarantine or isolation.



These tips may change as COVID-19 case counts change. Find more tips for safely celebrating holidays at www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html

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