Gathering Safely During COVID-19



Behavioral Health Services



The safest way to celebrate the winter holidays is to celebrate at home with the people you live with. Gatherings with family and friends who do not live with you can increase the chances of getting or spreading COVID-19.

consider this:

Make it virtual.



Use an online meeting platform like Zoom, Skype, or Facetime to connect with family and friends. Place a laptop or tablet at one end of the holiday table to share a meal. Open gifts on a conference call, share recipes online, or share holiday photos via text or email.

Keep it close.



It is safest to celebrate the holidays with the people who already live with you.

Try something different.



Consider a holiday picnic outdoors - just be sure to follow all commonsense COVID-19 guidelines. Try an outdoor gift exchange with your neighbors and friends, or conduct "drive-thru" greetings - stay in your car and shout holiday greetings to each house you visit!



guidance

It is highly recommended that you take this one year off from holiday gatherings. If your plans MUST include getting together with others, follow these guidelines:

Keep your distance. Do your best to stay 6 feet apart. If you're hosting, space your guests out and do it outdoors. If you are bringing or delivering a gift, leave it on the porch or doorstep. Also, don't share utensils or drinks with anyone.

Mask up. Wash up. Wear your mask at all times. Keep your hands away from your face. Use hand sanitizer frequently and wash your hands with warm water and soap.

Keep your visit short. Make a quick visit. The longer you stay, the higher the risk.

fact check:

California has issued a new Regional Stay at Home Order effective as of Dec. 6th. It prohibits private gatherings of persons outside your immediate household of any size, and requires 100% masking and physical distancing in all public areas and businesses.