

# Holiday Safety during the COVID-19 Pandemic



## Social Distance and wear a mask to slow the spread of germs

1. Follow guidance from local public health authorities.
2. Connect with friends & family online if possible.
3. If gathering, host outside and stay 6 feet away from others.
4. Wear masks and limit physical contact with people.
5. Clean and disinfect touched surfaces and shared items.

See the CDC page on holiday gatherings for more info.



## Washing hands is the best way to get rid of germs in most situations.

1. Wet your hands with clean, running water, and apply soap.
2. Lather your hands, fingers, and under your nails.
3. Scrub your hands for at least 20 seconds.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

See the PA DOH page on stopping the spread for more info.



## Take care of yourself and cope with stress to stay healthy.

1. Stay active to lessen fatigue, anxiety, and sadness.
2. Eat healthy foods and get enough sleep.
3. Take breaks from watching, reading, or listening to news.
4. Make plans to do activities online.
5. Know who to contact for help if you are feeling unwell.

See the CDC page on coping with stress for more info.



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