



Celebrating Holidays Safely

This holiday season, keep your friends and family safe by following good public health practices.

Ideas to Celebrate Safely

- Share a meal with only the people who live in your household.
- Prepare meals and treats for delivery. If you deliver them in a way that doesn't involve contact, this can be a great way to safely share the holidays with family, friends, and neighbors!
- Have a virtual dinner with friends and family.
- Shop online rather than in person.
- Watch sports events, parades, and movies from home.

Make Safe Choices

- Avoid travel. Travel increases your chance of getting and spreading the virus that causes COVID-19.
- Be mindful that a COVID-19 test only shows if you have COVID-19 at the moment of your test. If you have been exposed to someone with COVID-19, it can take up to 14 days to develop symptoms or test positive.
- Stay home as much as possible.
- Wear a mask when you are in public or in a place with people outside of your household.
- Maintain at least 6 feet of physical distance between yourself and others who don't live with you.
- Wash your hands frequently.
- Use the [**decision tool for individuals and family**](#) to make choices that are best for you and your family.

Events to Avoid

- Gatherings with people from outside your household.
- Bars, especially indoor spaces.
- Indoor dining at restaurants.
- Crowded parades or race events.
- Shopping in crowded stores.

Coping and Practicing Resilience During the COVID-19 Pandemic

We are all making changes to our lives, and our holidays, to protect ourselves, our loved ones, and our communities. It's important, but it's not easy, and we need to all remember that it's OK to ask for help.

[Learn how to recognize and manage stress as well as build resilience.](#)



Together, we can keep our communities safe and healthy during the holiday season.

