Recommendations for Staying Safe from COVID-19 During the Holidays

Protect yourself, loved ones, and the community from COVID-19

The best advice is not to gather. If you do gather in person, keep it safe, small, short & stable.

- **OUTSIDE IS SAFER:**
  The risk of COVID-19 transmission is highest in indoor spaces without ventilation.
- **SMALL:**
  Limit gatherings to your immediate household.
- **SHORT:**
  Limit gatherings to no more than 2 hours.
- **STABLE:**
  Do not participate in gatherings with different households.

The safest way to celebrate this holiday season is virtually or with members of your household:

- Enjoy holiday traditions at home with your household.
- Decorate your home and/or yard.
- Share a virtual meal with family and friends.
- Host online parties and/or contests.
- Deliver traditional meals to family and neighbors.
- Visit holiday-themed outdoor art installations wearing a mask.
- Participate in drive-by events and stay in your vehicle.

For more information visit:
tinyurl.com/SMCHolidaysCOVID

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Recommendations for Safer Travel During COVID-19
Protect yourself, loved ones, and the community from COVID-19

The best advice is to AVOID traveling. If you must travel, take these steps to reduce risk

- Wear a face mask whenever you are indoors.
- Get tested before you travel.
- Keep at least 6 feet of physical distance at all times.
- Ventilate your space, if possible (for example, open the vehicle's window).
- Get a flu shot.
- Avoid contact with anyone who is sick.
- Avoid contact with frequently touched surfaces.
- Wash or sanitize your hands often.

Anyone arriving in California from other states or countries, including returning California residents, should practice self-quarantine for 14 days after arrival.

A negative test does NOT clear you for visiting relatives

- Testing only provides a point-in-time result. You may still present a risk of exposing others to COVID-19 if you tested during the incubation period.
- Even if you test negative, continue to wear a face mask, maintain social distancing, avoid gatherings and nonessential travel.

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