

How to safely celebrate holidays during the COVID-19 pandemic

COVID-19 spreads quickly and easily, even when someone does not have any symptoms or only mild symptoms. Although difficult, practicing strict COVID-19 precautions during the holidays this year will ensure our friends and family are safe and we can enjoy holidays with them next year and for many years to come.

YKHC recommends the following COVID-19 precautions during the holidays:

1. Avoid getting together in-person with anyone who does not live in your same household.

This includes in-person religious services in a church or someone's home, in-person holiday meals or feasts with friends and family who do not reside in your home, and any other in-person gathering that is typically hosted or attended.

2. Plan alternate activities now on how to celebrate the holiday with those you love, together but separately by avoiding in-person gatherings.

This could include phone calls, FaceTime, sharing photos on social media, dropping off contributions for a holiday meal at someone's door, doing an outdoor activity where you maintain at least six feet of distance while wearing a mask, etc.

3. Wear a mask at all times when around people who do not reside in your household, even if they are family or friends.

4. Wash or disinfect hands frequently with alcohol-based hand sanitizer.

5. Maintain 6 feet of distance from any individual that does not live in your household.

6. Get your flu shot to protect your family from seasonal influenza.

7. If you are experiencing any symptoms (even if they are mild), call your local clinic and coordinate COVID-19 testing. If you are in Bethel, call 543-6949 to schedule testing, or arrive without an appointment at the drive-thru testing site Monday through Friday from 2–5 p.m.