

COVID-19 Prevention Measures as Holidays Approach

As winter arrives, so does the annual holiday season. Here are a few simple steps you can take to protect the health of yourself, your loved ones, and your community from COVID-19, while also safely celebrating the holidays.



1. Get vaccinated or boosted now so holiday gatherings can be the safest possible. *Indoor gatherings between unvaccinated and vaccinated households are high risk for all involved.*
2. If you feel sick, stay home and do not join holiday gatherings. If you do not feel well, get tested immediately and know your status.
3. Talk about expectations and behaviors with family members in advance so everyone knows the ground rules.
4. Avoid in-person gatherings with people outside your household when cases are high in the community. *Find sub-region transmission risk levels on our website at: <https://www.ykhc.org/covid-19/>*
5. If planning at home in-person gatherings between households, consider:
 - Asking family members about vaccination status, to understand potential health risks for everyone.
 - Limiting the number of people gathering at any one time.
 - Mask wearing if unvaccinated persons (such as children) are present.
 - Making sure ventilation in the home is good, open a window and position a fan to blow air out.
 - Planning a virtual gathering if able.
6. When possible, gather outdoors instead of indoors.
7. Those who are immune compromised should avoid indoor gatherings of multiple households.
8. Avoid indoor public gatherings when possible. If you are unable, wear a mask during indoor public gatherings.



If we work together to take these steps, it will help return a sense of normalcy sooner for everyone.

