COVID-19: CELEBRATING THE HOLIDAYS SAFELY

LOW-RISK ACTIVITIES

- Prepare and deliver meals to family, friends, and neighbors, while maintaining social distancing.
- Have a virtual dinner and share recipes with friends and family.
- Reverse parades where participants view holiday displays, or visit with Santa or other holiday figures, from the safety of their cars.
- Shop online rather than in person for gifts or gift cards. Host virtual gift exchanges.
- Support charity meal activities by donating food to drive-through pantries, local food drives, or online food bank fundraisers.
- Watch sports events, parades, and movies from home.

HIGH-RISK ACTIVITIES

- Traveling by plane, bus, train, or other means to another area and staying with or visiting family not in your household.
- Going shopping in crowded stores.
- Being in crowded indoor or outdoor venues where face coverings are not being used and/or social distancing is not possible.
- Attending indoor gatherings with people from outside of your household.
- Using alcohol or drugs, which can cloud judgment and increase risky behaviors.
- In-person celebratory activities that include singing or vocal performances where face coverings are not being used and 6 feet of distance are not maintained between participants.

⚠️ Get a flu shot to protect yourself and minimize complications from the flu.
⚠️ Continue frequent hand-washing, social distancing and correctly wearing appropriate face coverings when outside of your home or around others not from your household.
⚠️ Stay home if you are sick or someone in your home is sick with symptoms of COVID-19.

Additional information from the Centers for Disease Control and Prevention: https://www.cdc.gov/coronavirus/ and from the Santa Barbara County Public Health Department: https://publichealthsb.org