

Holiday Gathering During COVID-19



Know before you gather



Many people with COVID-19 have little to no symptoms and may not know they are sick. Consider how you can change your holiday plans in order to protect you and your loved ones. [The Centers for Disease Control and Prevention](#) emphasize that the safest way to celebrate holidays is at home with household members. If you still choose to gather during the holidays, there are ways that you can reduce the risk of transmitting COVID-19.

Gathering Guidelines



Communicate gathering precautions and expectations ahead of time



Wear a mask



Stay 6 feet apart from people you don't live with



Avoid gathering indoors



If indoors, open windows or doors to improve ventilation



Instead of hugging or shaking hands, wave, nod, or elbow bump



[Keep gatherings small](#) (2 households)



[Clean and disinfect](#) commonly touched surfaces

Meal Time

Wear a mask when not eating or drinking

Those who are not preparing food should stay out of the kitchen

Seat each household 6 feet apart

Do not share food from your plate or share your drink with others

Use single use items like plastic utensils

If possible, have everyone bring their own food and drink

Have 1 person prepare or serve food wearing a mask

Overnight Stays

Visitors should launder clothing and masks and stow luggage away from common areas

Have a plan for what to do if you or [someone you host becomes sick](#)

Additional Precautions

- Get tested or quarantine prior to gathering
- Follow [travel precautions](#)
- After a gathering, monitor your household for [symptoms](#)
- Wash your hands frequently, for at least 20 seconds
- Do not touch your eyes, nose, or mouth
- [High-risk individuals](#) such as older adults and those with medical conditions should not participate in in-person gatherings
- If you think you or anyone in your household was exposed to COVID-19 or are experiencing symptoms, stay home
- Limit the number of gatherings with different people outside your household

