



# Delta National Emergency Response Team

## SAFETY DURING THE HOLIDAY SEASON

Over the next few weeks, we are about to enter the longest and largest holiday celebration period, beginning with Thanksgiving, Founders Day and ending after Valentines Day. It is typically a time where gatherings, large and small, are normal for family members often traveling from near and far. The COVID-19 pandemic makes this year anything but typical. The rules have all changed, as will our 2020-2021 celebrations.

Senior Health officials are asking families to cancel and postpone all gatherings that are more than your immediate nuclear family that you reside with daily. Alternative family gatherings can include visits via zoom, Face book live or good ole' phone face time.

As the infections surge and the death toll sadly rises breaking records daily in the United States and globally, the Center for Disease Control has recommendations for minimizing infection risk during this holiday season. The recommendations are supplemental to state, local health, continued safety rules and regulations previously discussed and distributed.

If travel is necessary

- △ Consider the levels of COVID-19 cases in communities where you might be traveling or from where you might be receiving guests.
- △ Airlines strictly enforce facemasks for everyone two years or older. Be sure to carry wipes to wipe down frequently touched surfaces, use hand sanitizer until you can wash with soap and water. Carry-on luggage decreases the number of contacts. Mail gifts ahead of your travel.
- △ If traveling by car, make as few stops as necessary. Have wipes and hand sanitizer in car to use on frequently touched surfaces during stops.
- △ If you are staying in a hotel, remember your disinfecting wipes to clean ALL frequently touched surfaces.
- △ Limit gathering attendees to the number that can socially distance while wearing masks. Outdoors gatherings are safer than those held inside if weather permits.
- △ Anyone who has or has been exposed to COVID-19 should not host nor attend any in-person celebrations.
- △ Students should be tested prior to returning home and then be retested upon returning home. If tests are not completed before going home, student should avoid family gatherings and not visit vulnerable family members.
- △ Consider shopping for gifts online instead of going to crowded malls to decrease the chance for exposure.
- △ Speak with your physician about getting a flu shot now while supplies are available.

The pandemic has truly changed life, as we've known it. There have been so many losses—loved ones, jobs, income, ability to travel, freedom to interact with others, especially our loved ones. We must continue to protect ourselves and others by wearing masks, social distancing of at least six feet, washing hands and disinfecting surfaces, home, car and work spaces.

