

COVID-19

CASES ARE RISING.
ACT NOW!



Holiday Tips

Updated Jan. 15, 2021 [Print](#)



Tips on Celebrating Martin Luther King Day

If you are celebrating the holiday with people outside your household, make sure you follow steps to [prevent the spread of COVID-19](#). Here are some activities that are safer to do.



- Drop off a meal to a neighbor.
- Make hygiene kits for local homeless shelters.
- Send care packages to deployed troops.
- Plan an outdoor activity with people who live with you, such as a park clean up or walk.
- Attend a virtual speech or event, such as the annual religious ceremony.
- Plan a celebration for the people you live with.
- Reach out virtually to family, friends, and neighbors.
- Watch a livestreamed celebration from your home.
- Take care of yourself and do something you enjoy, such as reading a book or taking a walk.
- Pick up a special meal from a local restaurant to share with your household or drop off to a neighbor.
- Share CDC [prevention messages](#) with your friends and family.

Holiday Travel

Travel may increase your chance of spreading and getting COVID-19. CDC continues to recommend postponing travel and staying home, as this is the best way to protect yourself and others this year.

If you are considering traveling for a holiday, visit CDC's [Travel](#) page to help you decide what is best for you and your family.



Everyone Can Make Holiday Celebrations Safer

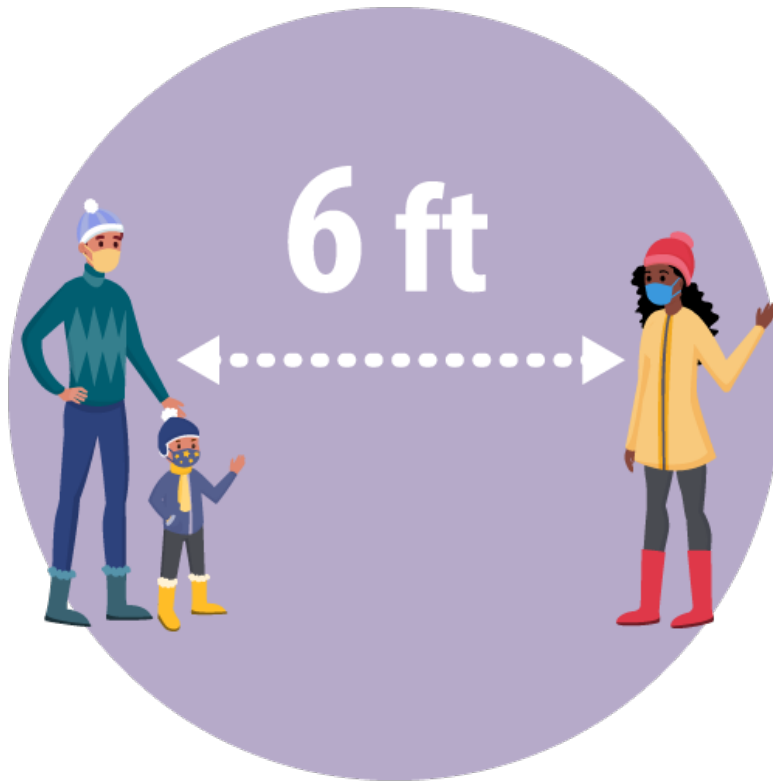


Wear a mask

- Wear a mask with two or more layers to stop the spread of COVID-19 to protect others and yourself.
- Wear your [mask](#) over your nose and mouth, secure it under your chin, and make sure it fits snugly against the sides of your face.
- Wear a mask indoors and outdoors.
- In cold weather, [wear your mask](#) under your scarf, ski mask, or balaclava.
- Keep a spare mask in case your mask becomes wet from moisture in your breath or from snow or rain.

Stay at least 6 feet away from others who do not live with you

- Indoors or outdoors, you are more likely to get or spread COVID-19 when you are in [close contact](#) with others for a total of 15 minutes or more over a 24-hour period.
- Remember that people without symptoms or with a recent negative test result can still spread COVID-19 to others.



Avoid crowded, poorly ventilated indoor spaces

- As much as possible, avoid crowds and indoors spaces that do not offer fresh air from the outdoors. If indoors, bring in fresh air by opening windows and doors, if possible.

Wash your hands

- Wash hands often with soap and water for at least 20 seconds, especially after you have been in a public place, after blowing your nose, coughing, or sneezing and before eating.
 - Make sure to dry your hands completely using a clean towel or by air drying.
- If soap and water are not readily available, use a [hand sanitizer](#) that contains at least 60% alcohol.
- Avoid touching your mask, eyes, nose, and mouth.





Get Your Flu and COVID-19 Shots

- Get your flu and COVID-19 shots as soon as possible.
 - Do not get the shots at the same time. Get them at least 14 days apart.
- The [flu shot](#) can help protect you and your family, friends, and community from getting and spreading flu.
- By getting a flu shot, you can also help lower hospital visits and serious health problems from flu.

Safer Celebrations

Celebrating virtually or with the people you live with is the safest choice this winter. If you do gather with people who don't live with you, gatherings and activities held outdoors are safer than indoor gatherings.

In addition to following the steps that everyone can take to make the holidays safer, take these additional steps if attending a gathering to make your celebration safer:

- Have conversations ahead of time to understand expectations for celebrating together.
- Bring your own food, drinks, plates, cups, and utensils.
- Wear a mask indoors and outdoors.
- Avoid shouting or singing.

If



Hosting

- If you are sick or have been near someone who thinks they may have or have been exposed to COVID-19, cancel the gathering.
- Provide single-use options, like salad dressing and condiment packets, and disposable items like plates and utensils.
- Limit the number of guests.
- Have extra unused masks available for your guests and encourage everyone to wear them inside and outside.
- [Clean and disinfect](#) frequently touched surfaces and items between use.
- If celebrating indoors, bring in fresh air by opening windows and doors, if possible. You can use a window fan in one of the open windows to blow air out of the window. This will pull fresh air in through the other open windows.
- Have a separate space for guests to wash their hands or provide hand sanitizer.

Other Holiday Activities

- Host a virtual gathering with friends and family.
- Drive or walk around your community to wave to neighbors from a safe distance.
- Take a food or gift to family, friends, and neighbors in a way that does not involve contact with others, such as leaving them at the door.
- Throw a virtual dance party and collaborate with friends and family on a playlist. Celebrate outside with neighbors and friends.
- Volunteer to help others in need.
- Attend a religious ceremony.



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Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\), Division of Viral Diseases](#)