

COVID-19

CASES ARE RISING.
ACT NOW!



New Year's Eve

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The safest way to celebrate the new year is to celebrate at home with the people who live with you or virtually with friends and family. Staying home is the best way to protect yourself and others.

Cases in the last 7 days

1,502,350

[Travel](#) and [gatherings](#) with family and friends who do not live with you can increase your chances of getting and spreading [COVID-19](#) or the [flu](#).

Holiday Travel

Travel may increase your chance of getting and spreading 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 the winter holidays, here are some important questions to ask yourself and your loved ones beforehand. These questions can help you decide what is best for you and your family.

- Are you, someone in your household, or someone you will be visiting at [increased risk for getting very sick](#) from COVID-19?
- Are cases high or increasing in your community or at your destination? The more cases in your community or at your destination, the more likely you are to get and spread COVID-19 as a result of your door-to-door travel. Check [CDC's COVID Data Tracker](#) for the latest number of cases in each area.
- Are hospitals in your community or at your destination overwhelmed with patients who have COVID-19? To find out, check [state and local public health department websites](#).
- Does your home or destination have requirements or restrictions for travelers? Check [state and local requirements](#) before you travel.
- During the 14 days before your travel, have you or those you are visiting had [close contact](#) with people they don't live with?
- Do your plans include traveling by bus, train, or airplane, which might make staying 6 feet apart difficult?
- Are you traveling with people who don't live with you?

If the answer to any of these questions is “yes,” you should consider making other plans, such as hosting a virtual gathering or delaying your travel.

If your answers are “no” and you do decide to travel, be sure to take these steps during your trip to [protect yourself and others](#) from COVID-19:

- Check [travel restrictions, guidance, and resources](#) before you go.
- Check CDC's [Domestic Travel Guidance](#) and consider [testing before and after you travel](#).
- Get your [flu shot](#) before you travel.
- Always wear a mask in public settings, when using [public transportation](#), and when around people who don't live with you.
- [Wear your mask correctly](#) over your nose and mouth, secure it under your chin, and make sure it fits snugly against the sides of your face.
- [Stay at least 6 feet apart](#) from anyone who does not live with you.
- Wash your hands often or use [hand sanitizer with at least 60% alcohol](#).
- Avoid touching your mask, eyes, nose, and mouth.
- Bring extra supplies, such as masks and hand sanitizer.
- If driving, pack your food and limit stops.
- Know [when to delay your travel](#).

Everyone Can Make New Year's Eve Celebrations Safer

If you are celebrating the New Year with people outside your household, make sure you follow steps to prevent the spread of COVID-19.

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 apart

- Stay 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.
- It is especially important for [people who are at higher risk of getting very sick](#) to stay 6 feet (about 2 arm lengths) from other people.

Avoid crowds and poorly ventilated indoor spaces

- The more people you are in contact with, the more likely you are to be exposed to COVID-19.
- Avoid gatherings and celebrations with a lot of people that make staying 6 feet apart from those who don't live with you difficult.
- Avoid indoor spaces as much as possible, especially ones that aren't well ventilated.
- If indoors, [open windows and doors](#). Use a window fan to blow air out, which will pull fresh air in through the open windows.

Wash your hands

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Wash your 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 aren't available, use [hand sanitizer](#) with at least 60% alcohol.
- Avoid touching your mask, eyes, nose, and mouth.

Stay home if you are sick

- [Stay home](#) if you are sick, except to get medical care.
- [Isolate yourself](#) from other members of your family and wear a mask.
- Even if you don't feel sick, you can still spread COVID-19 to others.

Get a flu shot as soon as possible



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.

COVID-19 vaccines

- While it is possible that some people may receive [COVID-19 vaccines](#) before New Year's Eve, continue taking steps to protect yourself and others for some time to come.

Safer New Year's Celebrations with Friends and Family

Staying home and celebrating with the people you live with or celebrating virtually with loved ones is the safest choice this year. Do not attend large gatherings this year. If you do host or attend a small gathering, everyone can take steps to make celebrating the New Year safer.

If you host a celebration

- Talk with guests ahead of time to set expectations for celebrating together.
- Limit the number of guests.
- [Keep celebrations outdoors](#), if possible.
- If indoors, [open windows and doors](#). Use a window fan to blow air out, which will pull fresh air in through the open windows.
- [Clean and disinfect](#) frequently touched surfaces and items between use.
- Have guests bring their own food, drinks, plates, cups, and utensils.
- Have extra unused masks available for your guests and encourage everyone to wear them inside and outside.
- Keep background music volume low so guests don't need to shout.
- It's okay if you decide to postpone or cancel your gathering. [Do what's best for you](#).

If you attend a celebration

- It's okay if you decide to stay home and remain apart from others. Do what's best for you.
- If



traveling for a celebration, know what to do [before](#), [during](#), and [after](#) travel.

- Bring your own food, drinks, and disposable plates, cups, and utensils.
- Wear a mask indoors and outdoors and [safely store your mask](#) while eating and drinking.
- Avoid [alcohol and drugs](#) that can alter judgement and make it difficult to practice COVID-19 safety measures.
- Avoid shouting and singing.
- Avoid areas where food is prepared, such as the kitchen.
- Use single-use options, like condiment packets.

Consider Other Activities to Celebrate New Year's

Have virtual celebrations with loved ones

- Attend a virtual concert or performance.
- Plan a virtual countdown to midnight with friends.
- Enjoy a virtual dinner or dessert with friends and family.



Plan a New Year's party for the people you live with

- Decorate, play music, and have a dance party with the people you live with.
- Have a pajama party and watch your favorite movies or play games.
- Plan a special meal or dessert with your family.



Reach out to family, friends, and neighbors

- Call, text, or leave a voicemail for family, friends, and neighbors wishing them a happy new year.
- Call friends and family to count down to the new year together.
- Plan a neighborhood countdown to midnight. People who live with each other can stand in front of their house and cheer together at midnight.



Other ideas

- Watch a livestreamed firework display, concert, First Night event, or other New Year's programming from your home, such as the Times Square New Year's Eve ball drop. Virtual events are happening across the United States.
- 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.
- Plan an outdoor activity with people you live with such as a hike or sledding.
- Set new year resolutions. Find out if your hometown is sponsoring a special social media event and share your resolutions.



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