



SPREAD JOY. NOT COVID-19.



Mask for a friend.

If you hang out with a friend over the holidays - especially indoors -- wear a mask at all times. This could keep you from unknowingly spreading the virus and making your friend, or their loved ones, very sick.



Spread out.

If you host a small family gathering, indoors or out, wear masks and keep six feet apart. Being related does not protect you from infecting the people you love with COVID-19.



Beat the crowds.

This year, get your gift shopping done early and, if possible, go on a weekday to avoid crowds. Order online and use curbside or in-store pickup or delivery services when offered.



Keep your plate to yourself.

If you host a small dinner, avoid potluck or family style meals. It is safest to have one person, who has washed their hands and is wearing a mask, serve the food to everyone else. Stay six feet apart wear your mask as much as possible, even while eating.



There's no place like home for the holidays.

Travel may increase your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and your loved ones this year.



Get your flu shot.

The flu vaccine is more essential than ever this year. It's a gift of good health for you -- and everyone around you.



More does not mean merrier.

Hosting a large holiday gathering is putting everyone who attends at risk of getting COVID-19 or spreading it to others after they leave. Respect your family and friends by keeping any gatherings as small as possible.



Layer up.

In cold weather, wear your mask under your scarf, neck gaiter or ski mask. Make sure it covers your nose and mouth and fits snugly against the sides of your face.



Eat dinner together, apart.

Schedule a time with your loved ones to eat a holiday meal together virtually. Show off your main dish, sides and dessert and vote for your favorites.



Worship safely.

Attending virtual services is the safest way to worship this year. If you do attend an in-person service, stay physically distant and wear your mask at all times. To protect your faith community, avoid hugging, kissing, shaking hands, singing or sharing meals.



Baby, it's cold outside.

It is safer outside, so now is the perfect time to bundle up and hold a snowman or snow-angel contest with your neighbors, family or friends in place of your traditional holiday gathering.



Spread joy. Not COVID-19.

The basics haven't changed. Wear a mask. Spread out. Wash your hands. This holiday season, show you care by protecting yourself and your family, neighbors and friends from COVID-19.

For more guidance on holiday celebrations and COVID-19, please visit www.CDC.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html