

# Recommendations for Staying Safe from COVID-19 During the Holidays

Protect yourself, loved ones, and the community from COVID-19

**The best advice is not to gather. If you do gather in person, keep it safe, small, short & stable.**

- **OUTSIDE IS SAFER:**

The risk of COVID-19 transmission is highest in indoor spaces without ventilation.

- **SMALL:**

Limit gatherings to your immediate household.

- **SHORT:**

Limit gatherings to no more than 2 hours.

- **STABLE:**

Do not participate in gatherings with different households.



**The safest way to celebrate this holiday season is virtually or with members of your household**

- Enjoy holiday traditions at home with your household.

- Decorate your home and/or yard.

- Share a virtual meal with family and friends.

- Host online parties and/or contests.

- Deliver traditional meals to family and neighbors.

- Visit holiday-themed outdoor art installations wearing a mask.

- Participate in drive-by events and stay in your vehicle.



For more information visit:  
[tinyurl.com/SMCHolidaysCOVID](https://tinyurl.com/SMCHolidaysCOVID)

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# Recommendations for Safer Travel During COVID-19

Protect yourself, loved ones, and the community from COVID-19

## The best advice is to **AVOID** traveling. If you must travel, take these steps to reduce risk

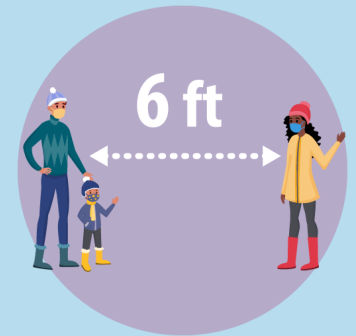
- Wear a face mask whenever you are indoors.
- Get tested before you travel.
- Keep at least 6 feet of physical distance at all times.
- Ventilate your space, if possible (for example, open the vehicle's window).
- Get a flu shot.
- Avoid contact with anyone who is sick.
- Avoid contact with frequently touched surfaces.
- Wash or sanitize your hands often.



**Anyone arriving in California from other states or countries, including returning California residents, should practice self-quarantine for 14 days after arrival.**

## A negative test does **NOT** clear you for visiting relatives

- Testing only provides a point-in-time result. You may still present a risk of exposing others to COVID-19 if you tested during the incubation period.
- Even if you test negative, continue to wear a face mask, maintain social distancing, avoid gatherings and nonessential travel.



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