

REOPENING RI

Safer holiday season guidance

The holidays will be different this year. Rates of new COVID-19 cases and hospitalizations are steeply rising in Rhode Island and across the country. Wherever you celebrate this holiday season, follow these tips and consider participating in only lower risk activities to help protect yourself and loved ones from COVID-19.

- **Wear a mask and watch your distance any time you're near people you don't live with**, indoors and outdoors.
- **Stick to essential activities and continue to take it outside.** Essential activities include going to work or school, exercising, medical appointments, and buying goods and meals.
- **Remember the three Ws!**
 - **Wear a mask** that's at least two layers thick and fits snugly but comfortably over your nose, mouth, and chin without any gaps.
 - **Wash your hands** often with soap and water for at least 20 seconds. Or carry and use hand sanitizer that's at least 60% alcohol.
 - **Watch your distance** by staying at least six feet apart from others.
- **Stay home and apart from others if you have any symptoms**, if you may have been exposed to someone with COVID-19, or if you are in quarantine or isolation.



Lower risk celebrations

- **Limit in-person holiday gatherings to only people you live with—your household.*** Do not travel or host guests for the holidays. Staying home and celebrating with only those you live with is the best way to protect yourself and others from COVID-19.
- **Find safer, creative ways to celebrate the holidays** with people you don't live with.
 - Prepare or order a holiday meal for friends or family. Deliver food to them in a way that limits contact.
 - Host a virtual holiday dinner with extended family or friends, especially if they are at a higher risk for severe illness from COVID-19 or live in a nursing home or assisted living facility.
 - Watch sporting events, parades, and movies from home or virtually with others rather than going out.

* Any adult who lives alone or is a single parent can gather with one other household, as long as the gathering is not more than five people.

Higher risk celebrations

If you risk celebrating the holidays in person with people you don't live with:

- **Wear your mask and watch your distance at all times.**
- **For 14 days before and after holiday gatherings**, stay home, avoid contact with other people, and only leave home for essential activities.
- **If you travel out of state**, get tested before and after you travel.
- **Take it outside as weather permits.** Open windows and doors to increase air flow when guests come inside.
- **Plan and get creative with limiting the use of shared spaces and objects.** For example, seat people at least six feet apart from each other. When exchanging gifts, use hand sanitizer or exchange gifts virtually.
- **Clean and disinfect** commonly touched surfaces and shared items between uses.

These tips may change as COVID-19 case counts change. Find more tips for safely celebrating holidays at www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html

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