

Everyone will be looking for ways to celebrate and relax for the holidays. Here are some tips, based on CDC Holiday guidance, that will help protect you and your family from the spread or infection of COVID-19 during your time off.

- Celebrate virtually or with members of your own household who are consistently taking measures to reduce the spread of COVID-19 **(This poses the lowest risk)**
- Avoid Traveling: Points of travel such as airports, bus stations, trains, rest stops, or public transports are all places that pose a high risk for contracting or spreading COVID-19
- Wear a Mask when going out for necessary items
- Immediately use hand sanitizer upon arriving or leaving a location
- Wash hands frequently for at least 20 seconds or more

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Avoid going shopping in crowded stores just before, on, or after Thanksgiving
- Avoid participating or being a spectator at a crowded race
- Avoid crowded parades
- Avoid large indoor gatherings with people from outside of your household
- Avoid using [alcohol or drugs](#) that may alter judgment and make it more difficult to practice COVID-19 safety measures

Go here for more information: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

Thank you for choosing the Durham VA Health Care System.
We wish everyone happy holidays and remember to Mask Up!

