

# COVID-19 Message \_ The Holidays

## Considerations for hosting small gatherings of family and friends

- Check the COVID-19 infection rates in areas where attendees live in / are coming from.
- Limit number of attendees as much as possible. Guests should avoid direct contact, including handshakes and hugs, with others not from their household.
- Host outdoor rather than indoor gatherings as much as possible.
- All guests must wear masks when not eating or drinking. Do not share or swap masks!
- Guests to maintain physical distance of at least 1.5m.
- Increase ventilation by opening windows and doors to the extent that is safe and feasible.
- Encourage guests to avoid singing/shouting especially indoors.
- Encourage guests to wash their hands often with soap and running water / sanitiser for at least 20 seconds.
- Limit contact with commonly touched surfaces or shared items, such as serving utensils.

## Travel and overnight stays

Travel may increase your chances of getting and spreading COVID-19.

***Postponing travel and staying home is the best way to protect yourself and other this year.***

### If you do decide to travel:

- Properly wear a mask in public settings, like public transportation, gatherings/events.
- Maintain physical distance of at least 1.5m.
- Wash your hands with soap and water for at least 20 seconds or use hand sanitiser (with at least 60% alcohol).
- Avoid contact with anyone who is sick.
- Avoid touching your face mask, eyes, nose, and mouth.

### For overnight stays:

- Visitors should launder clothes and masks, and stow luggage away from common areas on arrival.
- Always wear masks & maintain physical distance.
- Monitor hosts and guests for COVID-19 symptoms

## Food and drinks at holiday gatherings

- Wear a mask when preparing or serving food to others who do not live in your household.
- Limit people going in and out of areas where food is being prepared or handled, such as in the kitchen, if possible.
- As much as is possible, have one person who is wearing a mask serve all the food in individual plates so that multiple people are not handling the serving utensils.
- Avoid crowded buffet and drink stations
- Designate a space for guests to wash hands.
- Make sure everyone washes their hands properly before and after preparing, serving and eating food and after taking trash out.
- Wash dishes with hot soapy water immediately after each meal.

## After the holidays

- ✓ Do not report for work in person if you have any COVID-19 symptoms or were in contact with someone who had such symptoms. Talk to the CTU IPC designee at your site / department for guidance.

