



For Immediate Release:

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Guidance for Celebrating Holidays

This document outlines guidance and considerations for celebrating holidays such as Thanksgiving and Christmas during the COVID-19 pandemic. As typical celebrations do not allow for minimizing contact with non-household members, it is important to plan early and identify safer alternatives. **As always, you should wear appropriate face coverings, maintain a safe distance from one another and sanitize often.**

Low Risk Activities:

- Having a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that does not involve contact with others.
- Having a virtual dinner and sharing recipes with friends and family.

Higher Risk Activities:

- Going shopping in crowded stores throughout the holiday season.
- Attending crowded parties or gatherings.
- Traveling
- Attending large indoor gatherings with people from outside of your household.
- Using alcohol or drugs that may alter judgement and make it more difficult to practice COVID-19 safety measures.

The following people should not attend in-person holiday gatherings:

People with or exposed to COVID-19 – Do not host or participate in any in person gatherings if you or anyone in your household:

- Has been diagnosed with COVID-19.
- Has symptoms of COVID-19.
- **Is waiting for COVID-19 test results.**
- May have been exposed to someone with COVID-19 in the last 14 days.
- Is at an increased risk of severe illness from COVID-19 such as older adults, people with certain medical conditions, or those who live or work with someone at increased risk of severe illness.

For more information on guidance during the Holiday season, please visit:

<https://www.coronavirus.kdheks.gov/DocumentCenter/View/1610/KDHE-Guidance-for-Celebrating-Holidays>

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