Celebrating Winter Holidays

Everyone Can Make Winter Holidays Safer

- Celebrating virtually or with the people you live with is the safest choice this winter.
- Stay home or cancel your gathering if you or someone who lives with you is sick or has been near someone who thinks they have or had COVID-19.
- If you do gather with people who don’t live with you, outdoors events are safer than indoor events.

Wear a mask

- Wear a mask indoors and outdoors.
- In cold weather, wear your mask under your scarf, ski mask, or balaclava.
- Keep a spare mask in case your mask becomes wet from moisture in your breath or from snow or rain.

Stay at least 6 feet away from others who do not live with you

- Stay 6 feet apart from others, indoors or outdoors.
- Remember, people without symptoms or with a recent negative test result can still spread COVID-19 to others.

Avoid crowded, poorly ventilated indoor spaces

- Avoid crowds and indoors spaces that do not offer fresh air from the outdoors. If indoors, bring in fresh air by opening windows and doors.

Wash your hands

- Wash hands often or use hand sanitizer.

Get a flu shot as soon as possible

- Getting a flu shot can help stop the spread of flu and lower hospital visits and serious health problems from flu.

Access to text:
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Attending a Winter Holiday Celebration

Make celebrations safer by following the steps that everyone can take and take these additional steps.

• Plan ahead. Talk with the host about expectations.
• Bring your own food, drinks, plates, cups, and utensils.
• Avoid shouting or singing.

Hosting a Winter Holiday Celebration

If having guests to your home, be sure they follow steps that everyone can take to make celebrations safer. Steps you can take include:

• Plan ahead. Have conversations with guests to set expectations.
• Limit the number of guests.
• Provide unused masks for guests and ask everyone to wear them inside and outside.
• Clean and disinfect frequently touched surfaces and items between uses.
• If celebrating indoors, make sure to open windows.
• Have a separate space for guests to wash their hands or provide hand sanitizer.

Food and Drink at Holiday Celebrations

Food traditions are a part of many holiday celebrations. There is no evidence that handling or eating food spreads COVID-19, but always follow food safety practices. Make sure to:

• Use single-use options, like salad dressing and condiment packets, and disposable items like plates and utensils.
• Avoid sharing food and utensils with people who don’t live with you.
• Use a touchless garbage can, if available.

Winter Holiday Travel

Travel increases your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others. If you do travel

• Check travel restrictions before you go.
• Get your flu shot before you travel.
• Always wear a mask in public settings and on public transportation.
• Stay at least 6 feet apart from anyone who does not live with you.
• Consider getting a viral test 1-3 days before your trip, as well as 3-5 days afterward.
• Reduce non-essential activities for 7 days after traveling, even if your test is negative.
• If you don’t get tested, consider reducing non-essential activities for 10 days.

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