

Tips to celebrate the holidays safely

The holidays are a time of celebration. With vaccinations and boosters now readily available, the risk of infection is different for everyone. If you and the people you see this holiday season are all fully vaccinated, your risks will be lower. But some vaccinated people still get sick with COVID-19. So here are some ways to stay safe this holiday season, no matter who you visit with.



Gathering with friends and family



Get vaccinated (or a booster if eligible) to protect yourself and those around you.

It's okay to ask if others are vaccinated before getting together with people you don't live with. You can choose to stay home or find other ways to connect if you feel nervous.

Wear a mask when indoors with others and try to stay 6 feet apart.

Avoid poorly ventilated spaces, especially when in a crowd.

Keep the air flowing by opening windows or running a fan or air purifier if possible.

Get tested if you have symptoms of COVID-19 or have been in close contact with someone who has COVID-19.

Stay home if you're feeling sick or unwell, and don't host any gatherings.

Travel



Only travel once you are **fully vaccinated** (2 weeks after second dose of Pfizer or Moderna vaccine or single dose of Johnson & Johnson vaccine).

Wear a mask (everyone 2 and older) on public transportation and while in airports and bus/train stations.

Wash your hands often and **stay 6 feet** apart from others.

Get tested 1-3 days before your trip if traveling unvaccinated, and avoid gathering in crowds before and during travel.

Underlying medical conditions or weakened immune systems



Take extra care if you have an underlying medical condition that puts you at higher risk of serious illness from COVID-19 or if you take medications that weaken your immune system.

Wear a mask that fits snugly over your nose and mouth whenever you're around people, even if you're fully vaccinated and have had a booster.

Eating/drinking in a group



Wash your hands often.

Wear a mask when not eating/drinking.

Prepare your own plate and drinks.

Stay 6 feet from each other if you can.

www.SafeStrongOregon.org

We hope you'll stay safe and healthy this holiday season. **Call 211**, your local pharmacy or doctor's office, or visit **GetVaccinated.Oregon.gov** to find your vaccine.