

IT'S A

# HOLIDAY SEASON

*like no other!*

COVID-19 means we must change the way we celebrate. 'Tis the season to keep everyone safe and healthy! As you prepare for Thanksgiving, Hanukkah, Christmas, Kwanzaa or New Year's, use this placemat so you can keep these tips in mind.



If you must have a gathering, the **fewer** the people and the **shorter** the event the better. Plus, hold it **outside** if possible.



Be careful of anyone coming from a state with high levels of COVID. Think twice too about **traveling** outside of Maryland or to areas with high rates of COVID.



Avoid seeing anyone with **COVID** or **COVID symptoms**, or who is at high risk for the virus. That includes people over 60 and anyone who is immunocompromised or living with a heart or lung condition.

Remember that initial fun of virtual meetings with families and friends? Bring that back for the holidays! A **virtual celebration** is a great way to stay physically distant and socially connected!



**Wear masks, wash your hands** and **stay 6 feet away** from others — always! That means keeping 6 feet from others even if you are gathered around a table.



**LEARN MORE:** [umms.org/holiday](https://umms.org/holiday)