

# Celebrating Winter Holidays

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/winter.html>



## 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.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

## 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.

