

Celebrating the Holidays with COVID-19 in Our Lives

Holiday season is here, and traditional holiday celebrations normally bring public and family gatherings, formal dinners and more chances for exposure and risk of getting or spreading COVID-19 to others. Jefferson County Public Health (JCPH) has prepared the following tips to help you celebrate the holidays more safely this year. For more information about safer holiday celebrations, visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>.

GENERAL TIPS

- **Always follow local public health requirements and guidelines.** Find [information about state and local public health orders here](#).
- **Stay at home if you are sick.** If you have symptoms of COVID-19, get tested and self-isolate until you receive a negative result. If your test is positive, continue to self-isolate according to [guidelines from the Colorado Department of Public Health and Environment](#).
- **Avoid in-person gatherings with people who don't live with you** — Limit your celebration to those who are in your household or consider virtual options for your celebrations!
 - Effective Nov. 20, Jeffco will move to Level Red in the state's dial framework. Under this level, personal gatherings with people outside of your household are prohibited.
- **Avoid large crowds at all times** (e.g., shopping in stores just before, on or after holidays; parades that draw crowds, etc.).
- **Assess the risk.** Always consider community spread and the current number of cases in your area. Find [information about COVID-19 in Jeffco here](#).
- **Get your flu shot.** There are many [locations in Jeffco](#) to get your flu shot this year. You can also visit www.vaccinefinder.org.
- **Know your travel risks**, or be willing to cancel travel plans altogether.
- **Take care of your mental health**, and check in on others. JCPH has helpful [guidance for coping during the holidays here](#).
- **Remember that alcohol and/or drug use can reduce your vigilance** and increase risky behavior.

Remember:

The safest way to celebrate is with those who live with you! Avoid gatherings with people who don't live with you.

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