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BERKSHIRE COUNTY BOARDS OF HEALTH ASSOCIATION

COVID-19 Safer Holiday Gathering Guide

This Checklist can be used to plan safer holiday gatherings.

If we want to keep our schools in-person and businesses open, do your part to limit the spread.

Stay Home

- Limit your celebrations to your immediate household. Next year we can all be together.
- Visit with friends and family virtually. Make calls and virtual visits a regular part of your week.
- Take a socially distanced walk wearing masks with friends and family instead of dinner.
- Share a virtual dinner, play games virtually, or watch the same movie with your friends and family.

If you must Visit take these safety precautions:

- Group Size:** Keep the group small; limit the time together inside. (By Exec. Order, maximum 10 inside/25 outside)
- At-Risk Individual:** Avoid gathering with high risk individuals, especially elders with underlying health issues.
- Outside:** Be a hearty New Englander, bundle up, and meet outside around a fire pit or patio heater.
- Pre-screen** guests and yourselves for symptoms. If in doubt, stay home.
 - Sudden loss of smell or taste
 - Unusual fatigue, fever, cold symptoms, headache, or trouble breathing.
- Social Distance:** Set-up separate tables at least 6 feet apart – no singing, dancing, hugging or hand shaking.
- Masks:** Everyone agrees to wear a mask until seated, even in the bathroom stocked with pump soap and paper towels. (By Exec. Order, required of everyone over 5 outside your household when not eating with few exceptions.)
- BYO:** Every household should bring their own picnic supplies.
- Hot Foods:** Only share hot foods with individual serving spoons. Wear your mask and one-at-a-time.
- Hand Hygiene:** Have plenty of pump hand sanitizer everywhere and wash your hands frequently with lots of soap.
- Air Flow:** If inside, increase air flow by opening doors and windows and sitting further apart.

If you must Travel out of State

- Travel Risks:** You risk your health, your family health, and your community health when you travel. This is not the year for non-essential travel, especially if you have kids in school or have an essential job. Please reconsider.
- If you travel to a “hot spot,” outside of Massachusetts, register your travel online and quarantine for 14 days or quarantine and take a PCR test 4 days after your return.** (May test within 72 hours before and after, but this is not as effective). <https://www.mass.gov/forms/massachusetts-travel-form>