COVID-19 Safer Holiday Gathering Guide

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

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