




Holiday Safety COVID-19 Guidance






While planning your holiday season, please assess the level of risk associated with the activity. **Protect each other this season by making safer choices.**

Renfrew County and District Health Unit recommends the following:

-  **Celebrate the holidays at home this year with members of your household.** Remember that close contact and travel increases the spread of COVID-19.
-  Plan and enjoy holiday meals with only those who live in your **household**. Instead of hosting meals, consider safely dropping off meals to those who are not part of your immediate household.
-  **Connecting virtually**, through telephone and video chat, is the safest way to connect with those who are not part of your immediate household.

In-person activities

If planning in-person holiday activities, please note the following:

-  Observe provincial private gathering limits of 10 indoors or 25 outdoors.
-  Always maintain **physical distancing** and **hand hygiene**. Wear a **mask/ face covering** when indoors, and outdoors if distancing is a challenge. Connect with others **outdoors** where it is easier to maintain distancing.
-  Avoid attending or hosting **gatherings**, like work or family events. Avoid pot lucks or group meals where face coverings are removed and shared items are touched, like serving utensils.
-  If you are experiencing any symptom(s) of COVID-19, **stay home and self-isolate**. Complete Ontario's online *COVID-19 Self-Assessment Tool* for further direction.
-  **Plan ahead** for safer shopping. Visit local stores at quieter times, shop online, or arrange for curbside pickup options. Avoid shopping in groups as this increases risk of exposure.

 **Just because you know someone, it does not reduce the risk of transmitting COVID-19.** 

