

HouseWorks



Safe at Home for the Holidays



Holidays are a time for family, but we all must be careful to stay vigilant against the spread of COVID-19. While prohibitions against large indoor gatherings remain in place, we know as providers of home care that isolation and sadness can be debilitating. Here are valuable tips to make sure your celebrations are both happy and safe!

- ➔ Don't hug or shake hands. *Wave or give a virtual hug instead!*
- ➔ Wear a mask while cooking and serving food and any time not eating or drinking
- ➔ Limit the number of people at your celebration so you can maintain social distance of at least 6 feet
- ➔ Celebrate outdoors or open windows and doors to improve ventilation
- ➔ Don't share food or drinks from the same plate or cup
- ➔ Avoid self-service buffets, and don't share serving utensils – designate one person to serve all, or give each person their own serving pieces
- ➔ Don't sing, dance or shout, which could spread the virus
- ➔ Get tested within 72 hours before the celebration
- ➔ If possible, quarantine yourself (and others attending) for 14 days before your celebration
- ➔ For a safer celebration, share a meal via Skype, Zoom, or other video app

For more tips for a safe celebration and information about COVID-19, visit <https://www.mass.gov/news/thanksgiving-during-covid-19>