

# PLANNING A SAFE HOLIDAY DURING COVID-19

When making your holiday plans, you need to follow public health orders, be mindful of the current COVID-19 activity in your community, and consider engaging in low-risk activities.



## Safety Precautions at Gatherings:

- ▶ Celebrate the holiday with members of your immediate household only.
- ▶ A single household of one person (1) may join a single household, but must NOT exceed five (5) people.
- ▶ Virtual holiday and religious celebrations.
- ▶ Outdoor celebrations in open spaces where people can maintain at least 2-metres of physical distance.



## Holiday Travel:

- ▶ Avoid non-essential travel, especially to areas that may have more COVID-19 spreading in communities. If you live in one of these areas, avoid traveling to celebrations.
- ▶ Avoid long car trips with multiple stops along the way.

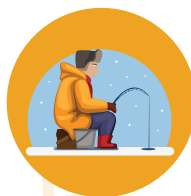
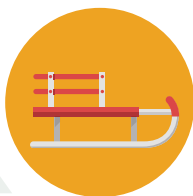


## Shopping during the holidays:

- ▶ Follow standard COVID-19 safety measures while shopping in public spaces.
- ▶ Wherever possible, shop online to reduce your risk of exposure. If you do shop in person:
  - plan ahead to avoid crowds,
  - limit the number of people who shop with you when possible.

## Think beyond food to celebrate:

Celebrate outdoors with low-risk activities:



For more information, please visit <http://www.nitha.com/awareness-resources/>