

Tips for you and your loved ones to have a safe, happy, and inclusive

Holiday Season



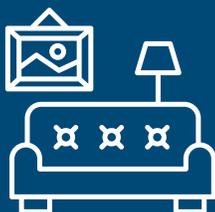
'Tis the Season to Gather!

Gathering with more people pose a higher risk of exposure to the COVID-19 virus than gatherings with fewer people. The CDC recommends keeping groups small, socially distant, and to wear a mask.



A Virtual Party is a Safe Party!

If you decide to go virtual with your holiday gathering, consider using the closed captioning setting and setting up your space in a well-lit area of your home. Pick out a festive background and your virtual holiday call will be complete! There are many virtual games you can play with your friends and family, from breakout rooms to trivia, there is an option for everyone. Get creative and have fun!



Keep it Roomy!

Make sure the space you have chosen has enough space to navigate the room. Is the carpet plush or is there an area with hard floors that may be easier to navigate if someone uses a wheelchair? Pushing all the tables for food and drink to the edges of the room, creating more space to mix and mingle (socially distant, of course!) will help too!



Food, Glorious Food!

Make sure you keep it safe. Individual servings of food and drink would be safer than a self-serve buffet. Finding ways to limit the exposure to viruses will be helpful! Make sure you are mindful of reach ranges for each individual if serving food from a table or buffet and to wash your hands constantly.



Scents, Smells, and Tastes!

Be careful of allergies; avoiding nuts, dairy, or latex would be a smart option. Ask your guests about allergies ahead of time or simply serve a range of foods: vegetarian, gluten-free, low-sugar, vegan, etc. As you get into the holiday spirit, be mindful of certain scents and fragrances. Some individuals may have sensitivities to strong aromas. Keep it light and cheerful!