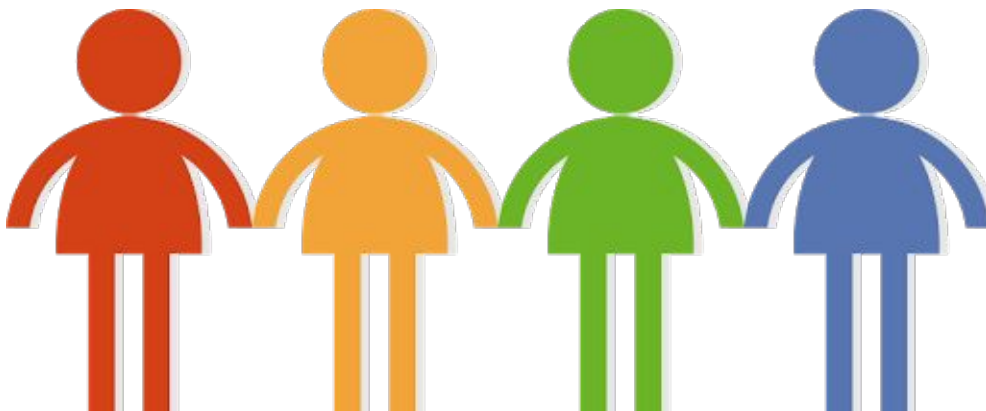


KEEPING **EVERYONE** *Safe*

During the Holiday Season



**By: Kayla-Mae Salaguinto, Jenna Asuncion,
and Koby Koide**

STAYING SAFE DURING COVID-19

Holidays

The Covid-19 pandemic has been difficult for all of us. The upcoming holidays give us a chance to reconnect with our loved ones. However, we need to consider modifying our plans in order to reduce the spread and keep ourselves, friends, families, and our communities safe.

According to the CDC, here are some ways we can protect ourselves and those around us.

Gatherings

- Limiting the amount of attendees
- Avoiding direct contact: handshakes, hugs, etc.
- Celebrating virtually

Traveling

- Wearing a mask in public settings
- Avoid close contact: 6ft apart
- Avoid touching mask, eyes, nose, mouth

If exposed to Covid 19...

- Stay home for 14 days after contact
- Watch for symptoms of COVID-19
- Wash hands often: 20 seconds with soap and water

CELEBRATING VIRTUALLY

The holidays are the time of year where everyone would have fun moments and makes many memories with their family, but the coronavirus is keeping us away from that. Instead, we could celebrate virtually.

Ways to celebrate virtually:

- Start a video call with your family and friends.
- Message your family and friends.
- Share your achievements on social media. (Post holiday greetings)
- Send your family and friends gifts.
- Host virtual games/activities. (word searches, bingo, etc.)



WHY IS THIS IMPORTANT?

The holiday seasons are all about giving. When we protect ourselves, we are also protecting our brothers and sisters. By following the COVID-19 guidelines, we can truly give back to the community. Through this, we can all work together to ease the pandemic and have a safe and happy holiday.

