



# **10 Steps To Stay Safe and Healthy During The Holiday Season**

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# 1. Wear A Mask

To ensure your safety and the safety of others, properly wear a mask when you go outside.



# 2. Stay Socially Distanced

Although it may be hard, remember to be socially distanced about 6 feet apart from others.



# 3. Sanitize And Wash Your Hands

Always remember to sanitize or wash your hands before and after touching other items, and avoid touching your face.



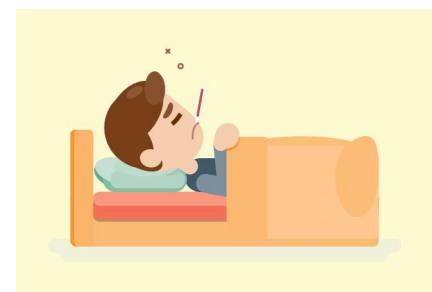
# 4. Disinfect Your Area

Remember to sanitize and clean your area so that you and the other person after you will be free of germs.



# 5. Stay Home If You Are Sick

If you are feeling sick, make sure to rest up and stay home so that you will not spread it to others.



## 6. Shower

Once you come home, it is best if you take a shower so that you can be free of dirt and germs



## 7. Food For The Holiday

Make sure that your food is fresh and clean, by washing your produce, especially your fruits and vegetables.



## 8. Talk Online

To limit the amount of people in a gathering, you can connect and get together with friends and family online.



## 9. Be Aware Of Your Being

Make sure to know your body, your symptoms and feelings. Talk to or consult a trusted adult if you have any problems or concerns.



## 10. Avoid traveling

At this time, during the pandemic, it is not safe to travel especially if you are sick and unwell. To prevent the spread of this virus, try to spend the holidays at home this season.

