

# Celebrate the Holidays Safely

Take steps to prevent the spread of COVID-19.

## PRACTICE THE 3 WS



**WEAR** a mask  
over your nose  
and mouth



**WAIT**  
6 feet  
apart



**WASH**  
your  
hands

**Avoid holiday travel and limit physical contact  
with people who do not live with you.**

If you choose to travel or gather with people who live outside of your household, follow these recommendations.



Get tested for COVID-19 three to four days before traveling or attending gatherings.



Live together? Sit together.  
If not, stay 6 feet apart.



Do not host or attend a gathering if you've been exposed to COVID-19 or have symptoms.



Use single-serve options or have one person serve food so that multiple people are not handling items.



Guests who are high risk for complications from COVID-19 should attend events virtually.



Clean and disinfect commonly-touched surfaces such as door handles and sink faucets.



Keep the guest list small.



Host your gathering outdoors.  
If that's not possible, make sure the room is well-ventilated by opening windows and doors.



NC Department of Health and Human Services • [www.ncdhhs.gov](http://www.ncdhhs.gov)  
NCDHHS is an equal opportunity employer and provider. • 11/2020