

RECOMMENDATIONS FOR STAYING SAFE FROM COVID-19 DURING THE HOLIDAYS



ROMAN CATHOLIC
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GATHERINGS



During holiday season, you may be wondering if it is safe to gather and celebrate with loved ones. Here are guidelines for protecting yourself and others from COVID-19. Any activity outside of your household increases chances of exposure to the virus. Be selective and space out which public activities you choose.

SAFETY RECOMMENDATIONS:



MAINTAIN AT LEAST 6 FEET OF PHYSICAL DISTANCE



WEAR FACE COVERINGS



REMAIN OUTSIDE AS MUCH AS POSSIBLE



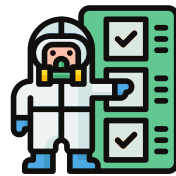
WASH HANDS WITH SOAP AND WATER OFTEN



SERVE SHARED FOOD SAFELY

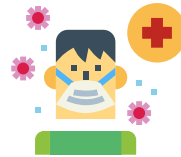


AVOID SINGING, CHANTING & SHOUTING



IF ANYONE IN YOUR HOUSEHOLD DEVELOPS COVID-19 SYMPTOMS AFTER ATTENDING A GATHERING:

- Get tested for COVID-19
- Notify the other attendees
- Quarantine for 14 days



DO NOT ATTEND A GATHERING IF:

- Anyone in your household has COVID-19 like symptoms
- You are at higher risk of severe illness from COVID-19 due to age or medical conditions

IF YOU GATHER IN PERSON, KEEP IT:



SAFE



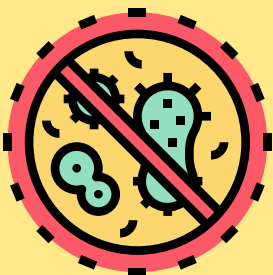
SMALL



SHORT



STABLE



The more people come into contact with others outside their household, the higher the risk of spreading COVID-19. That's why participating in multiple gatherings with different households is strongly discouraged. If you attend several gatherings over the holidays, keep it to the same group of people.