



National Indian Health Board NATIONAL TRIBAL COVID-19 RESPONSE

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Staying Safe from COVID-19 during the Holidays

COVID-19 has affected our everyday life especially how we participate in celebrations and holidays. In order to help prevent the spread of COVID-19, many communities, families, and friends will be exploring how to safely and respectfully celebrate holidays – especially those that are centered on family and social gatherings. People should always refer to the public health orders and guidelines in place within the Tribe, city, county, state, and territory, and use them to inform their decision-making around holiday planning.

In general, it is important to continue to socially/physically distance, wear masks, and wash hands correctly and often. In addition, avoiding activities such as crowded, or indoor gatherings, food sharing, or events with communal food can also help to lower risk. Gatherings can include indoors or outdoors events such as concerts, festival, conferences, parade, wedding, sporting, or community event to name a few. The more people an individual interacts with at an event or gathering and the longer the interaction lasts the higher the potential risk of becoming infected with SARS-CoV-2 and spreading it.

The risk of SARS-CoV-2 spreading at events and gatherings increases as follows:

Lowest risk: Virtual-only gatherings

Lower risk: Indoor gatherings must be limited to 25 people or 25% of a room's capacity and outdoor gatherings must be limited to 500 people where attendees coming from the same local area like community, town, village, reservation, or county, but from different households and keeping spaced at least 6 feet apart, wearing masks, and not sharing objects or food

Higher risk: In-person gatherings more than 25% of a room's capacity where attendees are coming from outside the local area, but individuals are able to remain at least 6 feet apart, and only a portion of attendees are wearing masks

Highest risk: In-person gatherings more than 25% of a room's capacity where attendees travel from outside the local area and it is difficult for them to keep spaced at least 6 feet apart, and no masks are worn

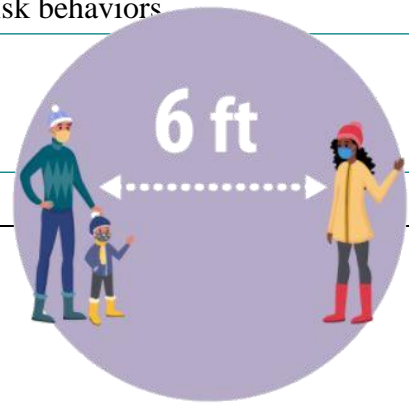


NOTE: Please consult your Tribal, state, or local guidelines for information on gathering limits. The capacity limits listed above are suggestions.

For more information, visit NIHB's National Tribal COVID-19 Response page at www.nihb.org

Tips for hosting gatherings

- ❖ Have all attendees wear masks - attendees could be asked to wear festive or themed masks
- ❖ Tell guests to stay home if they are sick, feeling sick, or may have been exposed to COVID-19 recently
- ❖ Encourage social/physical distancing
- ❖ Limit food so people don't have to take off their masks, or only have to eat for a specific portion of the event
 - Appoint one person to place food on everyone's plate, so people don't touch shared utensils
- ❖ Frequently clean surfaces before, during and after an event
- ❖ Limit the number of people handling or serving food
- ❖ Put out hand sanitizer
- ❖ Limit contact with shared items or frequently touched surfaces
- ❖ Increase circulation of outdoor air as much as possible, and make sure ventilation systems function well
- ❖ Limit drinking, as overconsumption frequently leads to higher risk behaviors



Tips for celebrating the holidays

- ❖ Having an ugly mask party instead of an ugly sweater party
- ❖ Shop online and have the company wrap and ship items for you
- ❖ Bring your own food, drinks, plates, cups, and utensils
- ❖ Use disposable items like food containers, plates, utensils, and cups
- ❖ Deliver dinner or gifts to family or friends that are vulnerable in a way that minimizes contact
- ❖ Celebrate with only people who live in your household
- ❖ Host a virtual dinner or celebration; share recipes ahead of time so everyone can eat the same food
- ❖ If you are planning in-person holiday gatherings with people outside of your household, consider asking all guests to strictly avoid contact with people outside of their households for 14 days before the gathering.
- ❖ Minimize gestures that promote close contact. For example, do not shake hands, bump elbows, or give hugs. Instead wave and verbally greet others.
- ❖ Host the celebration outside and allow space for physical distancing

For more information, or to learn how to stay safe during the holidays, visit CDC's website:

<https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/considerations-for-events-gatherings.html>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>

Disclaimer

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