



Holiday Celebration Advice from the [CDC](#)

The COVID-19 pandemic has been stressful for all of us. Many would love to gather during the upcoming holidays to reconnect with family and friends. This year it's worth thinking through how your holiday plans can keep you, your friends, and families safe.

Lower risk activities

- Having a small [dinner](#) with only people who live in your household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others
- Having a virtual dinner and sharing recipes with friends and family
- Shopping online rather than in person on the day after Thanksgiving or the next Monday
- Watching sports events, parades, and movies from home

Moderate risk activities

- Having a small outdoor [dinner](#) with family and friends who live in your community
 - Follow CDC's recommendations on [hosting gatherings or cook-outs](#).
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing
- Attending a small outdoor sports events with safety precautions in place

Higher risk activities

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Going shopping in crowded stores just before, on, or after Thanksgiving
- Participating or being a spectator at a crowded race
- Attending crowded parades
- Attending large indoor gatherings with people from outside of your household
- Using [alcohol or drugs](#) that may alter judgment and make it more difficult to practice COVID-19 safety measures.

*For more information visit the CDC's holiday guidance on their [website](#).

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