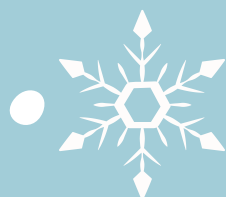
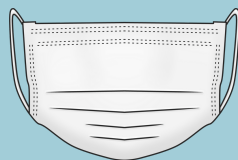
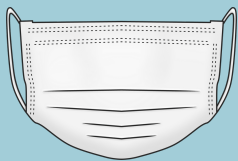


Tips to Be COVIDSafe This Holiday Season

#CelebrateSafelySD



LIVE WELL
SAN DIEGO

Hosting a Social Gathering

- Consider hosting virtual events or having a virtual option for individuals that are higher risk to join safely from their home.
- Limit the number of people who get together. Consider the amount of space you have and the ability to maintain social distancing during the event.
- Talk with guests ahead of time about safety precautions.

For more information on COVID-19, visit:

Coronavirus-SD.com





Hosting a Social Gathering

- Outdoor activities are preferred over indoor because it is easier to stay apart and there is more wind and air to help reduce the spread of the virus.
- Clean and disinfect items and surfaces frequently.
- Anyone who develops COVID-19 within 48 hours after attending a gathering should get tested, stay home except to get medical care, separate themselves from others, and notify close contacts that they may have been exposed to COVID-19.

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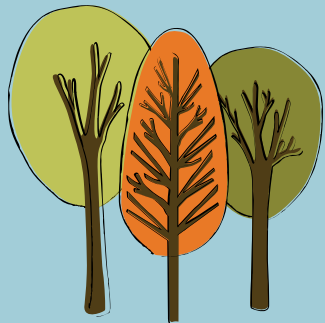


Maximize Safety Against COVID-19



Get fully vaccinated
and get a
booster dose if
you're eligible.

Avoid crowded and poorly
ventilated spaces.



Wear a well-fitting
mask over your
nose and
mouth if you
are in public
indoor settings.

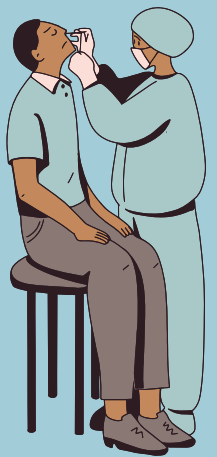


Delay travel
until you are
fully vaccinated.



If you are sick or have
symptoms of infection,
STAY HOME and
don't host or
attend any gatherings.

Get tested to
prevent the spread
of infection
to others.



For more information on COVID-19, visit:
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Cooking



- Wash your hands with soap and water before, during, and after preparing food.
- Keep foods out of the danger zone which is between 40°F and 140°F.
- Do not taste or eat raw dough or batter that is meant to be baked or cooked.
- Never leave food unattended on the stove.



Decorating

- Make sure to have stable placement, wear shoes that allow for good grip, and do not overreach.
- Look for the “Fire Resistant” label when buying an artificial tree.
- Turn off all holiday lights before going to bed or leaving the house.
- Don’t string too many strands of lights together — no more than three per extension cord.



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