

LAYERS OF PROTECTION ARE THE KEY TO A SAFE AND HEALTHY HOLIDAY CELEBRATION



HERITAGE
CHRISTIAN SERVICES

Fall and winter celebrations often involve bringing together family and friend groups, travel and mostly indoor activities. Layers of safety precautions can minimize the risk of Covid-19 and keep yourself, your family and friends safe and healthy this holiday season.

CONSIDER VACCINATION

Vaccination reduces the risk of serious illness and death from Covid-19 by more than 90%. Vaccination is the best tool to protect yourself and the people around you, especially people who cannot be or are not yet eligible to be vaccinated. If you are more than six months past your second Pfizer or Moderna vaccination (two months for J&J), consider getting a booster shot. You can find information on vaccines and boosters at HeritageChristianServices.org/info.

STAY HOME IF YOU'RE SICK

If you develop symptoms before or after attending a holiday gathering, stay home. Many people think they have just have a little cold or that they're experiencing seasonal allergies; often these symptoms are the same as Covid-19. If you are supposed to attend a holiday gathering and you're experiencing symptoms, stay home to prevent spreading your illness to others.

MASK UP

Monroe and Erie counties are still areas of high Covid-19 transmission, so wear a well-fitting mask over your nose and mouth in public indoor settings, even if you're vaccinated. If you'll be spending time with unvaccinated people indoors in a private home, be sure everyone is wearing a mask then, too, and remember to practice social distancing.

TRAVEL SAFELY

Visit the [CDC's travel page](#) to help you make safe travel decisions this season. It is still the CDC's recommendation that people not travel unless they are fully vaccinated.

The CDC's [recommendations for safe holiday celebrations](#) is also a valuable resource.