**CDC Holiday Gathering Guidelines**

**If the answers to any of these questions are “yes, consider not gathering.**

\_\_\_\_Are you, someone in your household, or someone you will be visiting at increased risk for getting very sick from COVID-19?

\_\_\_\_Are cases high or increasing in your community or your destination? (Check CDC’s COVID Data Tracker for the latest number of cases).

\_\_\_\_Are hospitals in your community or your destination overwhelmed with patients who have COVID-19? (To find out check state and local public health department websites).

\_\_\_\_Does your home or destination have requirements or restrictions for travelers? (Check state and local requirements before you travel).

\_\_\_\_Do your plans include traveling by bus, train, or air which might make staying 6 feet apart difficult?

\_\_\_\_Are you traveling with people who don’t live with you?

**If you do travel;**

* Check travel restrictions before you go.
* Get your flu shot before you travel.
* Always wear a mask in public settings, using public transportation, and when around people who you don’t live with.
* Stay at least 6 feet apart from anyone who does not live with you.
* Wash your hands often or use hand sanitizer.
* Avoid touching your mask, eyes, nose and mouth.
* Bring extra supplies, such as masks, wipes and hand sanitizer.
* Know when to delay your travel.