

Holiday Celebration and Travel COVID Guidance

Recent increases in COVID-19 increases in Colorado pose challenges for Delta County residents as we head into the holiday season. Getting a [flu vaccine](#) is an essential part of protecting your health and your family's health this season. We encourage our communities to think carefully about how you might lower the risk, not only for yourself and your family, but for those at-risk (elderly, immune-compromised, those with disabilities and chronic illnesses), including refraining from group gatherings altogether. The following frequently asked questions (FAQ's) should help guide your communities with decision-making:

Q: How can I participate in holiday celebrations?

A: Many things that you are already doing is keeping COVID-19 numbers low, including:

- Planning a small get together, ideally outdoors, with *family and close friends*; **limit to <10 guests**.
- Mind the "3 W's": *Wear a mask, Wash your hands, and Watch your distance (6ft)*.
- Remind those attending gatherings (even strictly family gatherings) to participate only if they are [symptom](#) free. Use Zoom, Skype, Google Hangouts, and other virtual platforms for those unable to participate from other [high-COVID areas](#) of the country.
- Do not host or participate in any in-person festivities if you or anyone in your household:
 - Has been diagnosed or recently in contact with someone with COVID-19
 - Has symptoms of COVID-19
 - Is waiting for COVID-19 viral test results
 - Is at increased risk of severe illness from COVID-19

Q: Should we cancel holiday office parties and gift-giving?

A: You can still safely host celebrations with a series of small groups, or "take-out" events.

- Stay within the [Safer at Home Level 1](#) limits (<175 indoor, <250 outdoor, AND <50% capacity)
- Mind the "3 W's" (*Wear, Wash, Watch*) and [remind](#) workers to stay home if they are sick
- Limit the number of people handling or service food and drinks (or bring your own)
- Reduce the "mingling" factor, by having staff pick-up treats throughout the day
- Limit contact with commonly touched surfaces or shared items
- Use disposable food service items including utensils and dishes, if available
- Consider keeping a list with times/dates attended for potential future contact tracing needs

Q: Is it safe to travel?

A: If you are travelling to other states, search for travel requirements for the [states](#) you will be visiting as some cities/states have issued quarantine notices for some travelers coming in from states that have high case rates - e.g. City of Chicago just added Colorado to their list. Staying home is the best way to protect yourself and others. If you decide to travel, follow these safety measures during your trip to protect yourself and others from COVID-19:

- Wear a mask to keep your nose and mouth covered when in public places. Bring your own food during travel to reduce public exposures in high-COVID areas you may travel through
- Avoid close contact by staying at least 6 feet apart others as you travel

- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer (with at least 60% alcohol). Bring wipes and sanitizer with you
- Avoid contact with anyone who appears sick
- Avoid touching your eyes, nose, and mouth

Q: When and where am I MOST at risk during the holidays?

A: Avoid public crowds, shopping, and parades that can be higher risk. The table below is a good way to determine your risk this holiday season:

Lower Risk	Moderate Risk	*Higher Risk
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Having a small outdoor dinner with family and friends who live in your community • Lower your risk by following 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 	<ul style="list-style-type: none"> • Going shopping in crowded stores just before, on, or after Thanksgiving • Participating or being a spectator at a crowded race • Attending crowded parades • Using alcohol or drugs, which can cloud judgement and increase risky behaviors • Attending large indoor gatherings with people from outside of your household <p><i>*Jurisdictions sanctioning these activities jeopardize our current county variance, and potentially current or future CARES Act funding.</i></p>

Traditions can continue and new memories can be created that are safe and celebratory AND without putting our most vulnerable Delta County residents at risk.