



NEWS RELEASE

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FOR IMMEDIATE RELEASE

Celebrating Healthy Holidays

Sterling, Colo. – December 2, 2020: It's crazy to think that the holidays are already upon us. We are 24 days away from Christmas, opening presents and enjoying the delicious cookies and milk. This is also a time to be cautious about our bubble of contacts and the ripple effect that each interaction has. During the next month we really want to encourage people to be careful when shopping, attending or hosting gatherings, traveling and preparing food.

December is a time of gift buying and going to the store to buy food. The grocery stores are packed full of people and it makes it easy for germs to spread. We ask people to limit time at the grocery store as much as possible. Instead of going inside, consider using the pick-up option or delivery option if available. In addition, please always follow the Big 3 while you are in stores and other public places. Finally, when you get home before you start unpacking and again after you put all of your food away, wash your hands and disinfect your surfaces to kill any germs that might have been there before or made its way home with you.

Throughout the month, people like to host holiday parties or have family gatherings at our houses. Before holding a party, it is best to check your county's guidance on the COVID-19 Dial to see how many people can be at your gathering, or any other guidelines you should follow. Before going to an event, it is recommended that you check your symptoms and temperature to make sure you are feeling well. If you do have symptoms, especially a temperature, stay home and consider being tested. If you have been exposed to someone with COVID-19 but you are not symptomatic, the recommendation is to wait a minimum of 5 days before being tested. Contact your primary care provider. At all gatherings it is a good idea to follow the Big 3 and encourage everyone else to do the same. This year we are asking everyone to think of different and creative ways to celebrate while minimizing groups or contact with other people. If the weather permits, it is always safer to gather outside rather than inside. This holiday season travel will look a lot different for lots of folks. When traveling this season, it is recommended to do research before you leave. What are the guidelines for where you are going? Are they different from where you live? What do you need to bring with you to follow those guidelines? Understand that every airport and airline company will have guidelines for passengers so be sure to research those before you leave. If you travel by car bring hand sanitizer and wash your hands when you stop to help ensure you don't bring an illness or germs with you on your trip; after each stop at a gas station for example. From all of us at NCHD, to all of you, we would like to wish everyone a Happy Holiday! Please be safe!

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