



## Staying Healthy During the Holidays



*ODP encourages you to follow State and CDC recommendations to stay safe during the holiday season*

The holiday season is fast approaching while COVID-19 cases are surging across the commonwealth. ODP encourages all stakeholders to observe the holidays through safe celebration as guided by our state and Centers for Disease Control and Prevention (CDC) recommendations.



### **The CDC Recommends Celebrating the Holidays with *Only* Those living in Your Household**

**Above all, the CDC recommends limiting travel and possible COVID-19 transmission by celebrating the holidays with only the people who currently live in your household.**

Your household is anyone who currently lives and shares common spaces in your housing unit (such as your house or apartment). This can include family members, as well as roommates or people who are unrelated to you. People who do not currently live in your housing unit, such as college students who are returning home from school for the holidays, should be considered part of different households. In-person gatherings that bring together family members or friends from different households, including college students returning home, pose varying levels of risk.



## Consider Celebrating Virtually

Celebrating virtually or with members of your own household (who are consistently taking [measures](#) to reduce the spread of COVID-19) poses the lowest risk for spread. While 'Zoom Fatigue' has certainly set in for most of us, the ability to connect households while remaining safe still allows for shared experiences. Consider coordinating with family members to foster those shared experiences like cooking similar menus for meals, having all households precisely follow one dish recipe, arranging for group games to be played, or having a movie watch party after dinner.



## Considerations for Hosting or Attending a Gathering

If you will be hosting a gathering during the holiday season that brings people who live in different households together, follow [CDC tips for hosting gatherings](#). If you will be attending a gathering that someone else is hosting, follow [CDC Considerations for Events and Gatherings](#). Guests should be aware of these considerations and ask their host what mitigation measures will be in place during the gathering.



## If You are Traveling Out of State

If you travel out of state for the holidays, **you will need to arrange for a COVID-19 test to be taken before you can return to the Commonwealth of Pennsylvania** or remain quarantined for 14 days. Department of Health Secretary Dr. Rachel Levine has signed an [order to take effect on November 20, 2020](#) that requires individuals traveling into and returning to the Commonwealth of Pennsylvania from any other State or Commonwealth or an international location, to produce

evidence of a negative COVID-19 test from a specimen collected within 72 hours prior to entering the Commonwealth, or quarantine for 14 days upon entering.

Please stay safe. Remember to wash your hands for at least 20 seconds with soap and water. Always wear your mask when in public. Practice proper social distancing and remain at least six feet away from others.

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