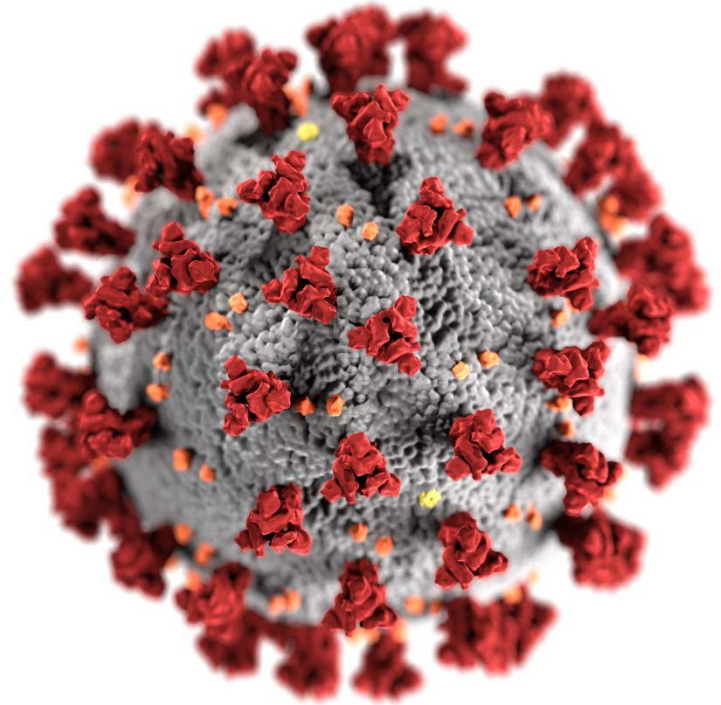


COVID-19 Mitigation During Holidays

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COVID-19 International Task Force
New Foundations of Hope Webinar

9 December 2020



cdc.gov/coronavirus

Objectives

- Overview of COVID-19
- Holidays:
 - Provide practical considerations for indoor gatherings and travel
 - Share resources available from CDC
- Q&A



Spread, Symptoms, & Complications



How COVID-19 Spreads

- The virus is thought to spread mainly from person to person
 - Between people who are in close contact with one another (within about 6 feet)
 - Through respiratory droplets produced when an infected person coughs, sneezes, or talks
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs
- COVID-19 may be spread by people who are not showing symptoms



Symptoms

Symptoms may include

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Symptoms may appear

- 2 to 14 days after exposure to the virus



<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Symptoms (continued)

When to seek emergency medical attention

- Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you



Prevention



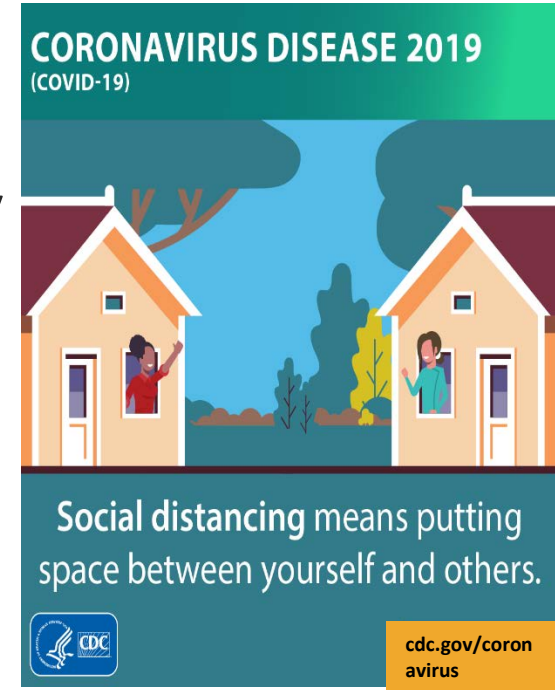
Protect Yourself and Others

- When in public, wear a mask that covers your mouth and nose.
- Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.
- Stay at least 6 feet away from others, especially those who are sick.
- Avoid touching eyes, nose, & mouth with unwashed hands.
- Stay at home as much as possible, definitely if you are sick.
- Cover your cough or sneeze with a tissue, then throw it away.



Social Distancing

- Also called “physical distancing”
- Since people can spread the virus before they know they are sick or have symptoms, it is important to stay away from others when possible
- Keep space between yourself and others outside of your home
- To practice social distancing
 - Stay at least 6 feet from other people
 - Do not gather in groups
 - Stay out of crowded places and avoid mass gatherings



Deciding to Go Out

- The risk of an activity depends on many factors, such as:
 - Is COVID-19 spreading in your community?
 - Will you have a potential close contact (within 6 feet for a total of 15 minutes) with someone who is sick or anyone who is not wearing a mask (including people without symptoms)?
 - Are you at increased risk of severe illness?
 - Do you take everyday actions to protect yourself from COVID-19?



Holidays Gatherings and Travel

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>



Guiding Principles for Gatherings

High
community
transmission



increased risk of
an infected
person attending
the gathering

More
interactions for
longer periods



increased risk
for SARS-CoV-2
transmission
and acquisition

Holiday Considerations

- Holiday celebrations should look different
- Factors for consideration
 - Community level of transmission, location and duration of gathering, number of attendees, prevention behaviors, locations attendees are traveling from
- Actions to reduce risk
 - **Before** - travel, risk of severe illness, planning
 - **During** - prevention behaviors, food safety
 - **After** - if someone becomes sick
- Lower risk alternatives for upcoming holidays



Celebrating Differently



Lower risk

- Having a special meal with people in your household
- Decorating your house, apartment, or living space
- Having a virtual dinner and sharing recipes with friends and family

Medium risk

- Having a small outdoor dinner with family and friends*
- Having a small group outdoor parade *
- Having an outdoor holiday movie night with local family friends*

Higher risk

- Large, indoor gatherings with people from outside your household
- Attending large indoor celebrations with singing or chanting
- Using alcohol or drugs, which can cloud judgement and increase risky behaviors



**With adherence to prevention measures, including masks, socially distanced, hand hygiene & surface sanitation*

Know Your Travel Risk

You can get COVID-19 when traveling.

- What are the COVID-19 conditions where you are going?
- Are you at increased risk?
- Are you visiting or returning to someone with increased risk?
- Are there travel restrictions where you are going or coming back to?
- What risk does travel pose?

Lowest Risk

- Staying home is the best way to protect yourself and others from COVID-19.
- Short trips by car with members of your household with no stops along the way

More Risk

- Longer trips by car or RV with one or more stops along the way

Even More Risk

- Trips by car or RV with people who are not in your household
- Long-distance train or bus trips
- Direct flights

Highest Risk

- Flights with layovers
- Traveling on a cruise ship or river boat



Mitigation Strategies that Reduce COVID-19 Spread by Indoor Gathering Type

Mitigation Measure	Small Gathering	Large Gathering
Staying home (e.g., if you have symptoms, were exposed, or are at high risk)	✓	✓
Hand hygiene and respiratory etiquette	✓	✓
Adequate supplies (e.g., tissues, masks, no touch trash cans)	✓	✓
Signs and messages that promote protective measures (e.g., at entrances, in restrooms)		✓
Cleaning and disinfecting	✓	✓
Adequate ventilation	✓	✓
Ensure that guests can maintain at least 6 feet distance	✓	✓
Physical barriers		✓
Food service (e.g., use disposable utensils, wash hands or use hand sanitizer before eating, avoid self-serve food or drink options)	✓	✓
Discourage use of shared objects	✓	✓

COVID-19 Precautions at Indoor Gatherings

When hosting:

- Obtain contact information of all guests upon arrival, in case contact tracing is needed
- Have extra masks, hand sanitizer, and tissues available
- Seat households together
- Have gatherings in large rooms or rooms with high ceilings, when possible
- In cold settings ask guests to dress warmly, open windows for increased ventilation
- Limit number of people in food preparation or handling areas and serving food; avoid self-serve options
- Avoid potluck-style gatherings; encourage guests to bring food and drinks for themselves and their households only
- Quarantine as long as possible before hosting to limit possible exposures prior to the gathering



COVID-19 Precautions at Indoor Gatherings

When attending:

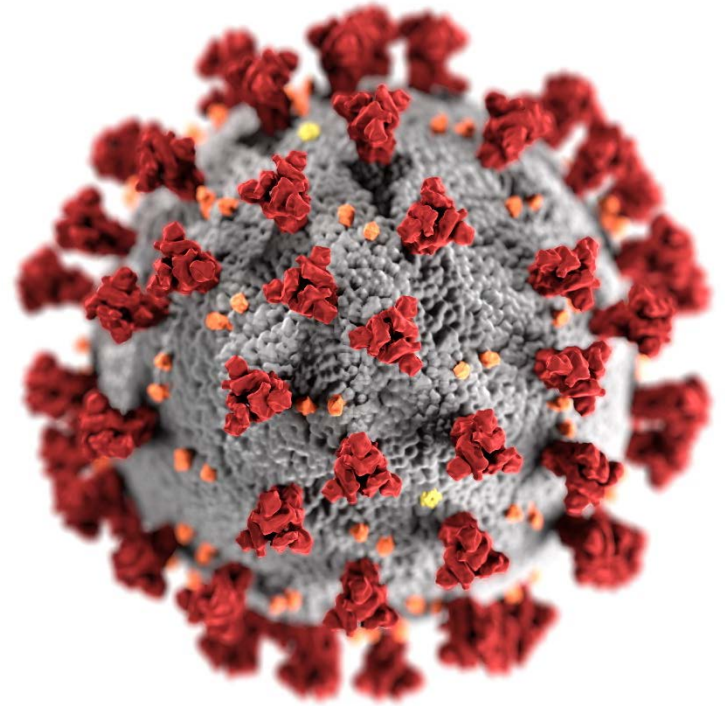
- Quarantine as long as possible before hosting to limit possible exposures prior to the gathering
- Ensure personal protection measures (e.g. mask, distancing, hand washing)
- Limit contact with commonly touched surfaces or shared items
- Avoid restroom use during high traffic times
- For families with children, consider their protection and transmission risk



Questions and Answers



Contact us with additional questions:
eocevent223@cdc.gov



For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

