

FOR IMMEDIATE RELEASE

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Celebrate the Holidays Safely

As holiday season approaches, I hear a lot of questions about what the holidays will look like this year. The novel coronavirus, or COVID-19, had, and still is having, a huge impact on everyone. As much as we all want to gather with friends and family during the holiday season like normal, most of us understand these type of gatherings probably cannot happen this year. Still, the holidays are times when friends and family members who have not seen each other the whole year come together. Even in these difficult times, we can have meaningful holidays with our loved ones while being safe.

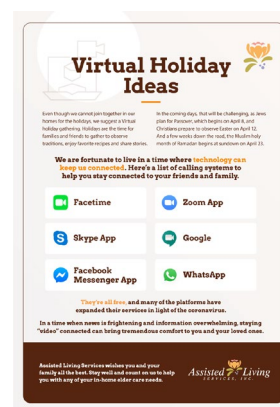
A lot of information has come out about COVID-19. This leaves most people uncertain how to safely go about their normal routines. If you are feeling this way, first know you are not alone. It is perfectly normal to feel lonely, nervous, or unsure of what to do. The *Centers for Disease Control and Prevention* or *CDC* is a really good resource for information about how to celebrate holidays safely. Since I am not going to cover all their recommendations, visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html> for additional information.

Wear a Mask

Wearing a mask at all times when you are with people outside of your house is one of the best ways to reduce the risk of spreading the virus. Also pay attention to the type of mask. You do not need N95 respirator mask to be protected. At the same time, do not mistake a costume mask as a substitute for a cloth mask unless it covers your nose, mouth, is made of two or more layers, and does not leave gaps around your face.

Do Not Scream, Shout, or Sing Around Others

Keeping from screaming, shouting, or singing is especially hard around the holidays. It is *very* important you are at least 6 feet away from others. Screaming, shouting, and singing all have a chance of sending larger droplets out of the mouth. Droplets, even those too small to see, are one of the common ways COVID-19 spreads. Current information from the CDC recommends avoiding these activities when you are not wearing a mask and within 6 feet of others.



[Assisted Living Home Care Services](#)

Wash Your Hands

Frequent hand washing is really important. Make sure to wash your hands with soap and warm water for at least 20 seconds. If you want to make sure you are washing long enough, try singing 'Happy Birthday' twice while washing. You should wash your hands before eating; after blowing your nose, coughing, or sneezing; returning from a public place like a store; etc... Make sure to scrub all the surfaces of your hands including under the finger nails. If you want to see an example, [here](#) is a link to a neurosurgeon, Dr. Sanjay Gupta, showing how to properly wash your hands.

Social Distance

By now, we are all familiar with social distancing. At the same time, social distancing is becoming harder. People are tired of the distance. Additionally, holiday season is a very busy season. Stores see a huge increase in customers. Try to avoid busy areas like stores, public restrooms, and restaurants during times where there are a lot of others around. This will help you maintain a safe distance from others. Also, when you see people you know out and about, try waving or saying hello instead of shaking hands or giving hugs.

Most importantly, keep in contact with loved ones in a safe manner. Just because we need to be socially distant and extra safe this year does not mean we have to be alone. There are plenty of ways to communicate safely. Find one that works best for your situation. Have a safe and happy holiday season!

Please contact me to schedule an appointment or for more information, contact Tyler Johnson, tajohnson120@ksu.edu, or by calling 620-232-1930.

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