

# *Academy Health and Wellness*

*So many things have changed this year. With Christmas and New Year's quickly approaching, how we celebrate these holidays will also change for many of us. This is necessary as the pandemic continues.*

The safest way to celebrate winter holidays is to celebrate at home with the people who live with you. Staying home is the best way to protect yourself and others.

Travel and gatherings with family and friends who do not live with you can increase your chances of getting or spreading COVID-19 or the flu.

If you will be traveling for the holidays, ask yourself these questions beforehand. Your answers may help you decide what is best for you and your family.

- Are you, someone in your household, or someone you will be visiting at increased risk for getting sick from COVID-19?
- Are cases high or increasing in your community or at your destination? The more cases in your community or at your destination, the more likely you are to get and spread COVID-19.
- Are hospitals in your community or at your destination overwhelmed with patients who have COVID-19? Does your home or destination have requirements or restrictions for travelers?
- During the 14 days before your travel, have you or those you are visiting had close contact with people they don't live with?
- Do your plans include traveling by bus, train, or airplane, which might make staying 6 feet apart difficult?

If the answer to any of these questions is “yes,” you may want to consider making other plans, such as hosting a virtual gathering or delaying your travel.

If your answers are “no” and you do decide to travel, be sure to take these steps during your trip to protect yourself and others from COVID-19:

- Check travel restrictions before you go (CDC's Domestic Travel Guidance).
- Consider testing before & after you travel.
- Get your flu shot before you travel

- Always wear a mask in public settings, and when around people who you don't live with.
- Wash your hands often or use hand sanitizer with at least 60% alcohol.
- Avoid touching your mask, eyes, nose, and mouth.
- Bring extra supplies, such as masks and hand sanitizer.
- If driving, pack your food and limit stops.
- Know when to delay your travel.

You can never be too safe when it comes to the health and well being of yourself, loved ones and others. Respect the choices others make on how they choose to celebrate..

May you stay safe and God Bless.



*Wearing Is Caring!*

