

LET US NOT LOWER OUR GUARD



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The traditional Christmas gatherings between relatives are approaching. However, it is important that you know the recommendations offered by the Centers of Disease Control and Prevention, CDC, to prevent the spread of the COVID-19.

Remember to practice the following preventive measures daily, especially when meeting with your immediate family members. **As you protect yourself, you take care of yourself and others.**

WEAR A MASK

- Wear masks with two or more layers to stop the spread of COVID-19.
- Wear the mask in such a way that it covers your nose and mouth and secure it under your chin.
- Make sure the mask fits snugly against the side of the face.

KEEP A DISTANCE OF AT LEAST 6 FEET FROM OTHER PEOPLE WHO DO NOT LIVE WITH YOU

- Remember that some people who have no symptoms can spread COVID-19 or the flu.
- Keeping a distance of 6 feet (about 2 arm's length) from other people is especially important for people who are at higher risk for serious illness .

WASH YOUR HANDS

- Wash your hands frequently with soap and water for at least 20 seconds.
- Use hand sanitizer (minimum 60% alcohol) when it is not possible to wash your hands with soap.

FAMILY MEETING

- Have a small outdoor meal.
- Limit the number of guests.
- Have conversations with guests ahead of time to set expectations for celebrating together.
- Clean and disinfect frequently touched surfaces and items between use.
- Bring your own food, drinks, plates, cups, and utensils.
- Wear a mask, and safely store your mask while eating and drinking.
- Avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen.
- If celebrating indoors, make sure to open windows.
- Limit the number of people in food preparation areas.
- Have guests bring their own food and drink.
- If sharing food, have one person serve food and use plastic utensils.

WE HOPE TO RECEIVE A VACCINE VERY SOON; IN THE MEANTIME,
LET US NOT LOWER OUR GUARD AGAINST COVID-19.