

# Spread joy not germs this holiday season

Here are **five safety recommendations** to help you and your family stay safe while still keeping your holidays meaningful.



## 1. Know your numbers

Keep your guest list to a minimum, maintain at least six feet of distancing and check the COVID-19 transmission rates in your area so you can plan accordingly.



## 2. Wash your hands and keep surfaces clean

Have extra soap and hand sanitizer on hand, and continue to clean surfaces throughout the day. Wash your hands often with soap and water for at least 20 seconds and consider having one person serve food to avoid multiple hands on utensils.



## 3. Consider the outdoors

If the weather cooperates, head outdoors for dinner with your guests. If you prefer to stay inside, remember to keep the windows open for proper ventilation.



## 4. Go virtual

Harness the power of social media and technology to connect with family and friends for a virtual dinner party. The holidays are all about giving, and if you're in the spirit, you can still make a difference with random acts of kindness—from afar.



## 5. Stay positive

Communicate your feelings openly with your loved ones and be prepared to decline invitations for large gatherings if you feel uncomfortable. Although the circumstances are difficult, remind yourself to be grateful and stay positive.



**Northwell**  
Health®

Our healthcare heroes are fighting the pandemic on the front lines.  
To support and learn more, visit [give.northwell.edu/heroes](https://give.northwell.edu/heroes)

**Outpacing  
the Impossible**  
The Northwell Campaign