

HOW TO STAY SAFE DURING A PANDEMIC

Holiday Edition

HOW TO PROTECT YOURSELF AND OTHERS



SELF:

- Get vaccinated.
- Wash or use hand sanitizer after everything you touch.
- Wear a mask.
- Social distance at least 6 feet apart no (handshakes, hugs, kisses on the cheek, etc.)

SAFETY MEASURES:

- Disinfect shared items between uses.
- Avoid singing, chanting or shouting.
- Do not share food or drinks.
- Avoid high- risk activities such as door-to-door activities.

GATHERING:

- Limit the number of people attending your gathering.
- Enforce mask wearing and good hygiene practices.
- Avoid self-serve food.
- Have someone clean and disinfect commonly touched surfaces,

TRAVELING THIS YEAR ?



- Get tested with a viral test 1-3 days before you travel.



- Get vaccinated before you travel. Wait at least 2 weeks after getting your second vaccine dose to travel.



- Wear a face mask in indoors and in outdoor public spaces .

- Limit contact with frequently touched surfaces, such as handrails, elevator buttons and kiosks.



- Instead of handing boarding passes to TSA officers, you should place them on scanner and then show them for inspection.

- Items such as keys, wallets and phones should be placed in your carry-on bag instead of used bins. (This reduces the handling of items)



- When getting gas, disinfectant the gas handles and buttons before you touch them.

HOLIDAY SHOPPING TIPS

- **Shop early if possible to avoid crowds. Off- seasonal hours are the best possible way to avoid contact with potentially sick people.**

- **Try using credit cards, that let you tap the payment terminal for payment. This will help maintain minimal contact with sales person (Many hands touch these terminals daily).**



- **Shop online to avoid indoor stores if possible.**

- **Sanitize and disinfect new items whether store bought or delivered to your home. (This helps avoid exposure to covid-19)**

BE CAUTIOUS WITH ALL MEDIUM-RISK ACTIVITIES. TRY TO AVOID ALL HIGH-RISK ACTIVITIES AND TO HELP PREVENT THE SPREAD OF COVID-19.

- **Try curbside (limiting person-to-person exposure and wait times.)**

ACTIVITIES BY RISK

Low-Risk

- Celebrating the holiday season at home.
- Decorating your home with your household.
- Hosting a virtual gathering with friends and family members.

Medium-Risk

- Attending an outdoor gathering.
- Participating in traditional door-to-door activities.
- Preparing meals and delivering them in a no-contact manner.

High-Risk

- Participating in traditional door-to-door activities.
- Traveling outside your community for gatherings and events.
- Not wearing mask when attending crowded gatherings and events.
- Attending crowded shopping areas.

DID YOU KNOW?



- Cold weather can not kill Covid-19.

- Did you know? Fully vaccinated persons are less likely than unvaccinated persons to acquire the Delta variant .

- None of the authorized COVID-19 vaccines in the United States contain the live virus that causes COVID-19..



- Covid-19 can survive on human skin for up to 9 hours. (Regularly washing your hands can help stop the spread of the virus.)

- Vaccines (Pfizer-BioNTech and Moderna) reduce your risk of severe illness, hospitalization, and death from COVID-19.

- No drink, hot or cold, will protect you from COVID-19/Delta variant or cure the illness



National Caucus and Center on Black Aging, Inc.