

## 5 Ways to Socially Distance This Holiday Season

Deck the halls. Trim the tree. Light the candles. Some holiday traditions involve little risk of spreading COVID-19. Others—such as travel, in-person worship services and group meals—pose more danger. To stay safer this season, consider these swaps for typical festivities.

**Instead of:  
Flying to see  
relatives**

**Try: Postponing your trip—or driving**  
Depending on infection rates at your home and destination, you might consider waiting to visit. If you do make the trip, know that security lines and airport terminals can put you in close contact with others. While driving, only ride with people from your household and be cautious when stopping for food, gas or bathroom breaks.

**Instead of:  
Hosting  
a cookie  
exchange**

**Try: Planning a drop-off swap**  
Ask your friends and family members to wrap sweet treats individually. Leave them at each other's houses. You can also trade recipes to bake at home with your family.

**Instead of:  
Hugging and  
handshaking**

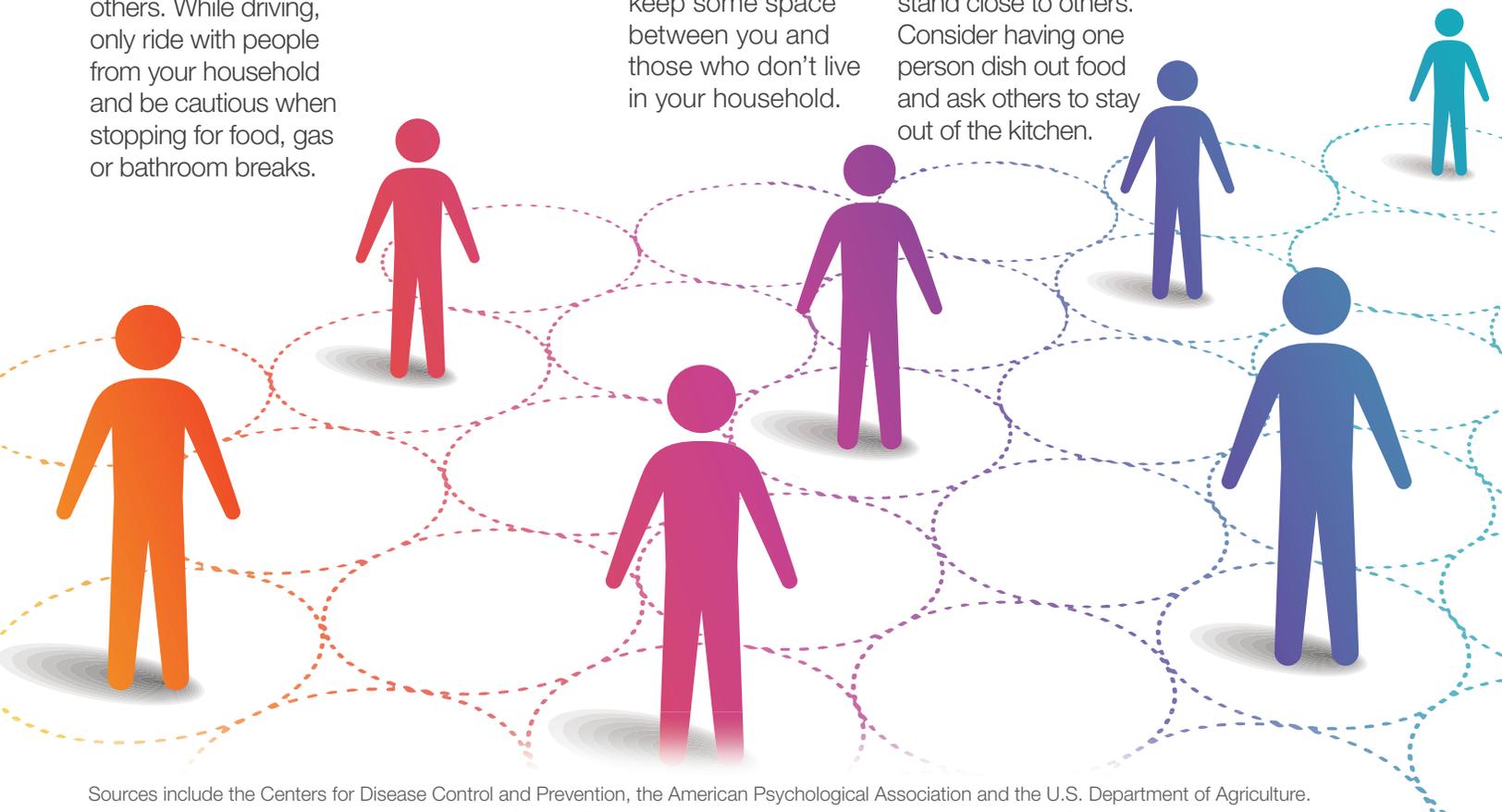
**Try: Waving and speaking warm greetings**  
Togetherness may feel a bit different this season—at least, until COVID-19 is better contained. Instead of gestures that involve physical contact, offer merry wishes in ways that keep some space between you and those who don't live in your household.

**Instead of:  
Serving up a  
buffet**

**Try: Personal portions of holiday favorites**  
Health experts don't believe COVID-19 spreads through food. Still, sharing serving utensils can contaminate surfaces. Plus, lingering over the lamb or lasagna means you're prone to stand close to others. Consider having one person dish out food and ask others to stay out of the kitchen.

**Instead of:  
Attending a  
faith gathering**

**Try: Viewing a virtual service**  
These days, many religious groups have gone high-tech. You can often join via webcam or phone. Check websites or social media for resources like song lyrics and bulletins.



Sources include the Centers for Disease Control and Prevention, the American Psychological Association and the U.S. Department of Agriculture.