



Safer Holiday Gatherings

Rita J. Morin, DNP, RN, NEA-BC, CPHQ

As transmission in New Hampshire is increasing, here are some suggestions on how to have a safer holiday with friends and family.

Get Tested

When gathering for the holiday with those who do not live in your immediate household it is recommended that all people have a Covid-19 test regardless of vaccination status **even those who have no symptoms**

Do not attend if you or your family members have any symptoms

If you are not feeling well in any way do not potentially, expose others

If you are hosting, be sure to have the conversation with your guest and for the safety of all tell them that if anyone is unwell they should stay home-offer to face-time with them or Zoom!

Keep groups small to allow for proper distancing

Unless you will be outdoors for your gathering, consider the space and tailor the size to allow for proper social distancing, open windows a bit for ventilation

Consider staggering visit times

If you have a large group ask some to come earlier and some later to keep the numbers small at any given time

Ask those who are not vaccinated to stay masked for their safety

Those who are unvaccinated are at greater risk for exposure; explain that their safety is your concern

Provider hand sanitizer upon entry

Place a small table at the entry way and a sign to remind people to sanitize on entry

Avoid the usual kissing/hugging greetings

Most of us are very used to skipping the handshakes that were customary, a wide smile and warm greeting can make people feel welcome

Keep background music low

Loud music can encourage people to move closer to talk to each other

Have food plated by one person

Passing the plate and utensil from person to person can increase likelihood of transmission of germs

Reconsider seating arrangements

Rather than everyone gathering in the dining room at the table, be creative and have people spread out in other rooms with side tables or tv trays, seat fewer people to a table

Use disposable/one-time use towels

Remove the pretty hand towels in the bathroom; provide paper towels for hand drying in the bathrooms and disposable napkins to avoid cross contamination

Consider wearing a mask when not eating and drinking

This can encourage others and give the hesitant a higher level of comfort to wear a mask themselves

Do NOT put a mask on children younger than 2 years old

A HAPPY AND SAFE HOLIDAY SEASON TO ALL!!!