

GUIDANCE FOR CELEBRATING HOLIDAY TRADITIONS SAFELY DURING COVID-19 PANDEMIC

SOLANO PUBLIC HEALTH | DECEMBER 2021

Solano Public Health offers the following considerations to help protect individuals, families and communities from COVID-19. There are several ways to enjoy holiday traditions and protect your health. Because many generations tend to gather to celebrate holidays, the best way to minimize COVID-19 risk is to get vaccinated if you're eligible.

Safer Ways to Celebrate the Holidays

Get vaccinated

- Vaccines are our best protection against infection. Vaccines are safe and effectively reduce risk of severe illness, hospitalization, and death.
- Children ages 5 through 11 are eligible for the pediatric COVID-19 vaccine; adolescents age 16-17 are eligible to get a Pfizer booster shot; and individuals age 16+ are eligible to get a booster shot provided it has been six months from their second dose of the vaccine series or two months from their Johnson & Johnson dose.
- Everyone 6 months and older should get the flu shot to protect children and families from the flu.

Stay home if you are sick

- Do not attend celebrations or participate in activities if you feel sick, or if you have come into close contact with someone who has COVID-19 and you are not yet fully vaccinated.

Wear a face mask

- Consider wearing a face mask indoors, especially if you are not fully vaccinated and/or are in a large private gathering where the vaccine status of all individuals is not known. Additionally, it is recommended to wear a face mask around individuals with a compromised immune system.

Travel safely

- It is recommended that individuals delay travel if they are not vaccinated. If traveling with unvaccinated family members, avoid crowds as much as possible and wear a face mask.
- Remember to bring your face mask when traveling, as it is required for all individuals on public transit, regardless of vaccination status.

Continue to monitor yourself for COVID-19 symptoms, including if you do not feel well or you learn that someone you had close contact with tested positive, get tested for COVID-19. Visit the Public Health website for free testing site locations.

General Best Practices

- Wear a face mask whenever you leave home.
- Wash hands often frequently with soap and water for at least 20 seconds or use an alcohol-based sanitizer.
- Take precautions if some in your group are unvaccinated (e.g., wear masks, socialize outdoors, keep gatherings short).
- Clean and disinfect frequently touched surfaces regularly, including keys, door handles, and handrails.

What to Do if You Were Exposed to COVID-19 or Start to Feel Ill

If you were exposed to someone who is sick with COVID-19 or have any one of the following symptoms that is new and not otherwise explained, get tested for COVID-19.

Here are symptoms of COVID-19:

- Fever, chills, repeated shaking or shivering
- Cough or sore throat
- Shortness of breath
- Difficulty breathing
- Feeling unusually weak or fatigued
- New loss of taste or smell
- Muscle pain
- Headache
- Runny or congested nose
- Diarrhea

Getting Tested for COVID-19

To get tested for COVID-19, contact your healthcare provider. You can also register for free PCR testing through the OptumServe/LHI sites even if you do not have symptoms or do not have health insurance. Sign up through www.LHI.care/covidtesting or call **888-634-1123**. These testing sites are walk-through and do not require a car. You will need to set up an appointment online to get tested.

- Vacaville- 1681 Monte Vista Ave, Vacaville, CA (Harbison Event Center)
Open Monday - Friday from 8:30am to 4:30pm.
- Vallejo- 545 Magazine St, Vallejo, CA (Norman King Community Center)
Open Monday - Friday from 8:30am to 4:30pm.

For rapid antigen testing, the Solano Town Center at 1350 Travis Blvd, Fairfield, CA provides services from Tuesday – Saturday, 10am-7pm. Other pharmacies such as CVS also offer COVID-19 testing.

Getting Vaccinated against COVID-19

Check out Solano Public Health's COVID-19 vaccine information page at www.solanocounty.com/covidvaccine for a list of vaccination locations within Solano County, or call **707-784-8655** for vaccine registration assistance. You may also check with your healthcare provider or the state's website at www.myturn.ca.gov. Individuals can also schedule an appointment at their nearest pharmacy.

Additional Resources

Centers for Disease Control and Prevention (CDC)

See the link below for CDC's guidance on safer ways to celebrate the holidays:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/celebrations.html>

California Department of Public Health (CDPH)

See the link below for the State of California's guidance for celebrating the holidays safely:

https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Holiday-Gathering_FactSheet--en.pdf

Solano Public Health

For more information about local guidance, visit

www.solanocounty.com/covid19