

HOW TO HAVE A COVID-SAFE HOLIDAY

For many people, gathering with friends and family during the holiday season is a cherished tradition. With the ongoing COVID-19 pandemic, celebrating with the people you live with and connecting with others virtually remains the safest option. If you choose to gather in person, follow these tips for a healthy, happy holiday.

Get vaccinated

The best way to protect yourself and your loved ones is to get your COVID-19 vaccine and encourage others to do the same. Right now, everyone ages 5 and older should get vaccinated, and everyone ages 16 and older should get a Pfizer booster. [Learn more](#) and schedule at [AtriumHealth.org/COVID19Vaccine](https://atriumhealth.org/COVID19Vaccine).

Plan a safer gathering

In addition to getting vaccinated, there are other steps you can take to enjoy time together while being safe. This is extra important if not everyone in your group is vaccinated, or if anyone is high-risk for serious illness from COVID-19. *Some examples include:*

- Wearing a mask indoors, except when actively eating or drinking
- Keeping a safe distance from others whenever possible
- Washing your hands often, for 20 seconds
- Limiting the number of guests
- Holding your gathering outdoors
- Opening windows and doors to improve air flow if gathering indoors
- Getting tested for COVID-19 before gathering

Monitor for symptoms

If you're sick or have symptoms of COVID-19, don't host or attend a gathering. If you develop symptoms after attending a gathering, or if you're exposed to someone who has COVID-19, get tested. If you test positive, be sure to notify anyone you had close contact with. For convenient testing options, visit [AtriumHealth.org/Testing](https://atriumhealth.org/Testing).

Talk to your doctor

If you're unsure about the safety of your holiday plans, talk to your doctor. If you or a loved one is unvaccinated or at high risk for severe illness, you may need to take additional precautions. The Centers for Disease Control and Prevention also offers up-to-date guidance on [holiday celebrations](#) and [travel](#).

Remember: Take care of your mental health, too

The holiday season can be cheerful, but it can also be challenging. If you're feeling down or anxious and need help, call our **24/7 Behavioral Health Help Line at 704-444-2400**.

The line is staffed by licensed mental health professionals who can offer support, make referrals to behavioral health specialists, and provide information on community resources. To learn more, visit [AtriumHealth.org/BehavioralHealth](https://atriumhealth.org/BehavioralHealth).