

#ArlingtonKindness:

SPREAD GOOD CHEER, NOT THE VIRUS

Keep the Holidays Healthy During COVID-19

Wear a mask

- Wear a mask with two or more layers to stop the spread of COVID-19.
- Wear the mask over your nose and mouth and secure it under your chin.
- Make sure the mask fits snugly against the sides of your face.

Stay at least 6 feet away from others who do not live with you

- Remember that some people without symptoms may be able to spread COVID-19 or flu.
- Keeping 6 feet (about 2 arm lengths) from others is especially important for people who are at higher risk of getting very sick.

Wash your hands often

- Wash hands often with soap and water for at least 20 seconds.
- Keep hand sanitizer with you and use it when you are unable to wash your hands.
- Use hand sanitizer with at least 60% alcohol.



Keep Thanksgiving Healthy During COVID-19



Wear a mask. Stay 6 feet away from those who do not live with you.

Wash your hands often.

TIPS FOR HOSTS

- Host a small meal outdoors, with a limited number of guests
- If you must eat inside — open windows
- Require guests to wear masks, and set expectations ahead of time
- Have one designated food server, wearing a mask
- Use disposable items including utensils and napkins

TIPS FOR GUESTS

- Bring your own food, drinks, plates, cups and utensils
- Wear a mask any time you're not eating or drinking
- Stay out of the kitchen or other areas where food is being prepared
- Try and spend as much time outside as possible
- Bring lawn chairs and outdoor games