

Happy Holidays! – Continuing COVID-19 Safe Celebration

COVID-19 Cases are Continuing to Rise in Wisconsin and Around Dane County

While more are taking COVID-19 seriously, we must continue our efforts to decrease community spread. The holiday season may feel different this year, but every effort can bring hope for normalcy soon.

Dane County Guidelines – Emergency Order #10

Due to rising cases, Dane County continues emergency orders until December 16.

- All indoor gatherings of separate households are prohibited
 - All outdoor gatherings are limited to 10 people who are not from the same households
 - Violations may result in fines up to \$1000
 - Previous guidelines remain in place such as wearing masks and social distancing
- ① Households consist of individuals who have lived in the same spaces for the past 14 days

For more information visit: <https://publichealthmdc.com/coronavirus>

Chilly outside? Host virtual holiday dinners and meet ups

- Safely have as many guests as you want using free online services like Zoom, Google Meet or Jitsi
- Schedule virtual hang outs regularly during the week
- Treat your virtual hang outs like you would an in-person event wear your most festive clothing to impress your family and friends
- Coordinate your meals between your households and recreate the feeling of sharing a meal
- No increased risk of exposure to COVID-19



Necessary Travel?

- Set clear expectations for family members who are traveling to or from outside locations
 - Most areas now have elevated community spread (Source: John's Hopkins Coronavirus)
- Discuss proper quarantining and possible distancing for children returning from colleges and/or communal living
- Encourage others not to travel if symptomatic or recently exposed

Take Care of You and Your Loved One's Health

- Go for walks or do light exercise at home
 - Use YouTube for dance, yoga, aerobic exercise videos
 - Try 7 Minute Workout or similar applications for home workout ideas
- Use meditation and breathing exercises
- Schedule grocery store pick up or delivery
 - Many stores now have accessibility hours for at risk community members.
- Start a virtual book club or restart your old hobby
- Ask for virtual appointments for non-urgent healthcare needs
- For mental wellness see:
<https://howrightnow.org/what-helps-this-season>

Safely welcoming family and friends into your social bubble

Holidays are always best spent with family and close friends. Maximize your safety this season by following best practices for welcoming family that are returning home.



Safe reintegration

- If coming from a region with high COVID infection rates or experiencing possible COVID symptoms, obtain a COVID-19 test prior to travel
 - After taking the COVID-19 test, remain quarantined to ensure that your negative COVID status does not change before travelling home
- If traveling with members outside of your household (such as by airplane, bus, or train), it is recommended to quarantine away from family members for 10 days after travel if possible.
 - If this is not possible, wearing masks in shared spaces, eating away from family, and obtaining a COVID-19 test three to five days after travel is encouraged

Holiday Resources and Activities

Tough times should not stop all the fun! Participate in your favorite traditions safely with a few minor modifications

Celebrate

- Decorate your home with winter cheer!
- Challenge your neighbors to build the best snowman and snow fort
- Engage in the spirit of giving! Set up a virtual gift exchange

Watch

- Football, basketball, and hockey are set to continue this winter
- Holiday movie with family and friends using online services like:
 - Netflix/Hulu/Amazon Video Watch Party
 - YouTube
 - DisneyPlus

Play

- Enjoy socially distanced outdoor activities like:
- Ice skating
 - Snowshoe hikes
 - Skiing
- Or online games:
- Over 600 online group games at <https://coda.io/@kelsey/board-games>

Resources:

- **211 Wisconsin** – for a variety of resources including housing, utilities, food, employment
 - Call 211 or text ZIP code to 898211
- **Well Badger** – certified information and referral specialists for program eligibility:
 - Call 1-800-642-783
- **Covering Wisconsin** – assists with insurance enrollment and eligibility
 - Call 608-261-1455
- For Dane county resources visit: <https://www.cityofmadison.com/health-safety/coronavirus/community-resources>
- For more information on Wisconsin COVID-19 policy visit: <https://govstatus.egov.com/wi-covid-19>

Sources: CDC, Vox.com, Washington Post, Johns Hopkins University, and MIT



Goodman
Community Center