



WEAR A MASK. PROTECT OTHERS.

Giving Thanks



Whether you work to make sure children wear masks at school, provide comfort to people experiencing isolation because of the pandemic, or lead by demonstratively following CDC recommendations, please know that your actions help save lives. We appreciate your commitment to public health and safety, and we wish you and your loved ones health and happiness.

Please take the time to visit [I Wear a Mask because](#) to hear why CDC employees wear masks and how they hope to inspire others to do the same.

Holiday Season Travel

The winter holiday season is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. If you must travel, be informed of the risks involved.

- [Travel During the COVID-19 Pandemic](#)
 - [Know Your Travel Risk](#)
- [Know When to Delay Your Travel to Avoid Spreading COVID-19](#)
 - [After you Travel Internationally](#)

If you decide to travel, follow these safety measures during your trip to [protect yourself and others](#) from COVID-19:

- Wear a mask to keep your nose and mouth covered when in public places.
- Avoid close contact by staying at least 6 feet apart (about 2 arms' length) from anyone who is not from your household.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.
 - Avoid contact with anyone who is sick.
 - Avoid touching your eyes, nose, and mouth.



The COVID-19 pandemic has been [stressful](#) and isolating for many people. Gatherings during the upcoming holidays can be an opportunity to reconnect with family and friends. Unfortunately, the COVID-19 epidemic is worsening, and small household gatherings are an important contributor to the rise in COVID-19 cases. Holiday celebrations will likely need to be different this year to prevent the spread of COVID-19. When you talk with your friends and family about plans, it's okay if you decide to stay home and remain apart from others. [Hard choices to be apart](#) this year may mean that you can spend many more years with your loved ones.

Consider [activities](#) that pose lower risk of spreading COVID-19. Additionally, CDC offers these [considerations to slow the spread of COVID-19 during small gatherings](#). Celebrating virtually or with members of your own household (who are consistently taking measures to reduce the spread of COVID-19) poses the lowest risk for spread. Your household is anyone who currently lives with you and shares common spaces in your housing unit (such as your house or apartment). This can include family members, roommates, or people who are unrelated to you. People who do not currently live in your housing unit, such as college students who are returning home from school for the holidays, should be considered part of different households. In-person gatherings that bring together family members or

friends from different households, including college students returning home, pose varying levels of risk.

Traditional Thanksgiving gatherings with family and friends are fun but can increase the chances of getting or spreading [COVID-19](#) or the [flu](#). [Follow these tips to make your Thanksgiving holiday safer.](#)

These considerations are meant to supplement—not replace—any [state, local, territorial](#), or [tribal](#) health and safety laws, rules, and regulations with which all gatherings must comply.

Holiday Season Shopping

In-person shopping at crowded stores is a high-risk activity that may lead to the spread of COVID-19. Consider virtual shopping or curbside pickup instead. If you decide to go shopping in person, take steps to protect yourself:

- Wear a [mask](#) in public settings and when around people who don't live in your household, especially when social distancing is difficult.
- When you do have to visit in person, go during hours when fewer people will be there (for example, early morning).
- If you are at [higher risk for severe illness](#), find out if the store has special hours for people at higher risk. If they do, try to shop during those hours.
- If you normally bring your own reusable shopping bags, ensure they are cleaned before each use. Some locations have temporarily banned the use of reusable shopping bags during the COVID-19 pandemic, so check your state, local, store, or market policies before bringing reusable bags.
 - Disinfect the shopping cart; use disinfecting wipes if available.
 - Do not touch your eyes, nose, or mouth with unwashed hands.
 - Stay at least [6 feet away](#) from others while shopping and in lines.
- Use marked entry or exit points and follow any directional signs or floor markings designed to keep people at least 6 feet apart.
 - Touch only products that you plan to purchase, if possible.
- Consider not consuming any sample or purchase food or drink items from self-service stations.
- If possible, use touchless payment options (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.
- Before entering and after exiting the grocery store or market, use a hand sanitizer that contains at least 60% alcohol.
- When you get home, and before preparing or eating food, wash your hands with soap and water for at least 20 seconds.