



2019 Novel Coronavirus [COVID-19]

phd3.idaho.gov/covid19

Fall and Winter Holiday Guidance

As the cold weather approaches, the time of family gatherings and celebrations is almost here. Southwest District Health (SWDH) understands the importance of tradition and celebration when it comes to holidays. However, amidst a pandemic, it's important to look for a way to balance life in a way that puts health and safety at the forefront. SWDH wants its communities to be aware that many traditional activities, in-person gatherings with people outside of your household, and travel to areas outside of your home county can greatly increase your risk for exposure to COVID-19 and spreading the virus. SWDH encourages everyone to adhere to any local or state public health orders in place. Choose lower risk activities and plan to keep 6' physical distance, wash hands often, and use a cloth face covering when physical distancing is not possible.

Since many low-risk activities involve being outdoors or opening up doors and windows, remember when outside in cold weather to dress warmly by layering up, stay dry, and don't ignore shivering. Constant shivering is a sign that it's time to go inside.

If you do not feel well, have a respiratory or gastrointestinal illness, or may have been exposed to someone with COVID-19, you should not participate in in-person holiday gatherings and activities.

Lower-Risk Activities

- Have a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors and delivering them in a way that doesn't involve contact with others
- Having a virtual dinner and sharing recipes with friends and family
- Playing virtual games with family and friends
- Shopping online rather than in person on the day after Thanksgiving or the next Monday
- Watching sports events, parades, and movies from home

Moderate Risk Activities

- If the weather allows, having a small outdoor dinner with family and friends who live in your community
 - Lower your risk by following the CDC's recommendations on hosting gatherings or cookouts <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html#gatherings>
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching produce, wearing masks, and people can maintain social distancing
- If the weather allows, attending small outdoor sports events with safety precautions in place

High-Risk Activities

Avoid these higher-risk activities to help prevent the spread of the virus that causes COVID-19

This document was created 11/16/2020 using information and guidance available to-date and is subject to change per emerging guidance.



2019 Novel Coronavirus [COVID-19]

phd3.idaho.gov/covid19

- Unnecessary travel outside of your county
- Going shopping in crowded stores just before, on, or after Thanksgiving
- Participating or being a spectator at a crowded race
- Attending crowded parades
- Attending or hosting large indoor gatherings with people from outside of your household, including close friends and family

Other Considerations – Hosting / Attending / Travel

In-person gatherings with persons outside of your household (even if they are family members) as well as travel to areas outside of the community you live in are considered high-risk given the rapidly increasing rates of infection in many parts of the country. As per the modified [Stage 2 Stay Healthy Order](#), gatherings of more than 10 people, both public and private, are prohibited. People participating in gatherings of 10 or fewer people, while permitted, must adhere to the Physical Distancing and Sanitation Requirements stated below. As defined by the CDC, “gathering” means “a planned or spontaneous event, indoors or outdoors, with a small number of people participating or a large number of people in attendance such as a community event or gathering, concert, festival, conference, parade, wedding, or sporting event.” Southwest District Health recommends that you find alternative activities this year to protect yourself and loves ones.

Planning/Hosting

- Remember that per the state’s Stage 2 Stay Healthy Order, gatherings are restricted to 10 or fewer people in Idaho
- If the weather allows, have a small outdoor meal with family and friends who live in your community
- Limit the number of guests, keeping in mind how much space you have and the ability to maintain social distancing during the event
- Have conversations with guests ahead of time to set expectations for celebrating together, such as
 - Wearing masks while not eating or drinking
 - Asking all guests to strictly avoid contact with people outside of their households for 14 days before the gathering
 - Create and share a plan for necessary contact of attendees, should someone become ill
- If celebrating indoors, make sure to open windows (if the weather allows)
- Have guests bring their food and drink
- If sharing food, have one person serve food and use single-use options, like plastic utensils

Physical Distancing and Sanitation Requirements

Individuals not residing within the same household must maintain at least six-foot physical distancing from other individuals whenever possible. Individuals should:

- Wash hands with soap and water for at least twenty seconds as frequently as possible or use hand sanitizer;

This document was created 11/16/2020 using information and guidance available to-date and is subject to change per emerging guidance.



2019 Novel Coronavirus [COVID-19]

phd3.idaho.gov/covid19

- Cover coughs or sneezed (into the sleeve or elbow, not hands);
- Regularly clean high-touch surfaces and items between uses, and not shake hands;
- Stay home if sick;
- Wear face coverings while in public, especially when six-foot distancing is not always possible (e.g., inside businesses); and
- Follow additional protocols established in the Governor's Guidelines for Opening up Idaho published at <https://rebound.idaho.gov/>.

Attendees

- Wear a mask at all times when around people who don't live in your household to reduce the risk of spreading the virus
 - Safely store your mask while eating and drinking
- Avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen
- Use single-use options, like salad dressing and condiment packets, and disposable items like food containers, plates, and utensils

Travel

- Check travel restrictions before you go
- Avoid traveling to place with high COVID-19 infection rates
- Wear a mask while in public settings and on public transportation
- Avoid touching your mask, eyes, nose, and mouth
- Bring extra supplies, such as masks and hand sanitizer

Considerations for Everyone

- Get your flu vaccine; remember it takes up to 2 weeks for a flu vaccine to provide protection
- Consistently follow local public health orders in place and Idaho's current Stage 2 Stay Healthy Order
- Wear face coverings
- Keep at least 6 feet between you and others
- Stay at home if you are sick
- Wash your hands often
- Cover coughs and sneezes
- Disinfect surfaces and objects regularly



SERVING ADAMS - CANYON - GEM - OWYHEE - PAYETTE - WASHINGTON COUNTIES

For current COVID-19 information visit <https://phd3.idaho.gov/covid19>. The COVID-19 Hotline is available Monday-Friday 8:00 AM-5:00 PM (208) 455-5411

This document was created 11/16/2020 using information and guidance available to-date and is subject to change per emerging guidance.