

STAY SAFE DURING THE HOLIDAYS

As the holidays arrive, we find ourselves at a difficult point in the pandemic. Vaccination numbers are rising, and the authorization of vaccinations for kids ages 5 to 11 is encouraging. However, Minnesota's COVID-19 infections are at an alarmingly high level, our hospitals remain crowded, and many Minnesotans are still not vaccinated.

We encourage you to think carefully about your holiday plans. It's important to connect with family and friends, and at the same time no one wants to be the one who passes this virus to loved ones. We can reduce the risk and still enjoy the season by following this CDC guidance:

- **GET VACCINATED** if you are eligible including getting your **BOOSTER SHOT**. It protects you AND it protects those around you – especially those under age 5 who cannot get the vaccine. The vaccination is now available for ages 5-11.
- **WEAR WELL-FITTING MASKS** over your nose and mouth in public indoor settings if you are not fully vaccinated, and even if you are fully vaccinated if the community is experiencing substantial or high levels of COVID infections. This is especially important if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.
- Remember that **OUTDOORS** is safer than indoors.
- **GET TESTED** if you have symptoms of COVID-19 or have a close contact with someone who has COVID-19: Some sites may have reduced hours or be closed in observance of the holidays.
- **STAY HOME** if you are sick, have symptoms, or test positive for COVID-19. Do not host or attend a gathering.
- **DELAY TRAVEL** until you are fully vaccinated.

For more information on holiday gatherings and travel recommendations go to CDC Holiday Celebrations at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/celebrations.html>

Trust the Facts, Get the Vax!



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