



Fairmount

Dedicated to Faith, Family & Community

COVID-19 Holiday Guidance - Residential Living

Residential Living residents have asked for guidance as they consider the variety of upcoming holiday activities. Here is a tool to help you think through the activities in which you choose to participate.

General Reminders

- ◆ **Physical distancing (at least 6' apart), proper mask wearing (covering nose and mouth) and frequent hand washing (for at least 20 seconds) should be practiced.**
- ◆ **Refrain from attending any gathering if you have been exposed to someone with COVID. Regularly monitor yourself for coronavirus symptoms.**
- ◆ **Don't attend any gathering if you have symptoms consistent with COVID, such as fever, cough, shortness of breath, ongoing feeling of tiredness, loss of taste or smell.**
- ◆ **If you are waiting for your COVID test result, stay home until you have the result.**
- ◆ **Avoid shopping in crowded stores.**
- ◆ **Getting a flu vaccine is an essential part of protecting your health and your family's health this season.**
- ◆ **Holiday gatherings must abide by state and local laws which supercede this guidance.**

<i>Description</i>	<i>Guidance</i>
Community Levels of COVID-19	Higher levels of COVID-19 cases and community spread in the gathering location increase the risk.
	Attendees traveling from different locations, particularly if the community spread is high in that location, pose a higher risk than gatherings with attendees who live in the same area.
Planning for Gatherings	Indoor gatherings generally pose more risk than outdoor gatherings.
	Indoor gatherings with poor ventilation pose a greater risk of infection. Opening doors and windows increases air circulation and decreases infection risks.
	Gatherings with more people pose more risk than gatherings with fewer people. Limit the number of attendees to reduce risk.
	The site accommodations for a holiday gathering should be consistent with the guest count to increase distance between attendees.
	Attendees who were not engaging in preventative behaviors prior to the gathering, such as social distancing, wearing masks and washing hands, increase the risk at the gathering.
Travel, Public Facilities & Dining Out	Traveling increases the chance of getting and spreading COVID. Staying home is the best way to protect yourself and others. If you must travel, avoid contact with anyone who is sick and avoid touching your eyes, nose and mouth.
	If possible, avoid using restroom facilities during peak times.
	It is best to avoid eating out unless you can utilize outdoor dining facilities. If you must eat in a restaurant, avoid busy eating establishments and high volume mealtimes.

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Protecting Yourself and Others at Gatherings	Clean and disinfect commonly touched surfaces and any shared items between use when feasible.
	Bring supplies to help you and others stay healthy (extra masks, hand sanitizer that contains at least 60% alcohol, tissues, etc.)
	Consider a drop-in or social hour; lengthy gatherings pose more risk than brief encounters.
	Distance yourself from any attendees who are not engaging in preventative behaviors, such as social distancing, wearing masks and washing hands.
	Singing, cheering or shouting, especially if some attendees are not wearing a mask and are within 6 feet of each other, increases risk.
	Protect yourself and others by limiting touching, hugs and shaking hands.
	Encourage guests to bring food and drinks for only themselves and members of their immediate household.
	Buffets, potlucks, salad bars and condiment or drink stations increase infection risks.
	Use single serving packets of salad dressing, creamers or other condiments to decrease cross-contamination.
	For multi-use containers or multiple serving-size dishes, designate one person to serve (or plate) all the food and condiments for all guests.



Have a
blessed Thanksgiving,
a joyous Christmas



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