

CDC Guidance for Managing the Holidays & Small Gatherings during COVID-19

Yesterday, the CDC published Guidelines intended to help individuals & families make the best and safest choices for themselves while celebrating the upcoming holidays or participating in small gatherings. However, most of the guidance is applicable to other situations and timeframes too.

As people fight COVID-19 fatigue/burnout and are craving a feeling of normalcy, there is a huge desire to be with family & friends to celebrate one or all the holidays or even just have a night on the town or a vacation. The CDC's comprehensive advice answers a lot of the questions people have been asking but doesn't suggest you can't enjoy the holidays in many of the ways you always have – just modifying it a little -- so you and your loved ones can stay safe. For those that have a greater risk of COVID complications or just want to avoid the risk of infection, it outlines ideas for added safety. In other words, it provides something for everyone, including how to handle kids coming home from college, timing for testing, safer travel, and keeping your home as safe as possible.

Why include this on a site for First Responders and others interested in public health? First Responders have two families, a traditional one and a work one, and many share living quarters with others during their shift. So, there are really two different family groups that are often part of holiday celebrations, and therefore, part of the risk assessment. As essential/front line workers, First Responders are often at increased risk and have an ongoing chance of sharing that risk with those they come in contact with, at home and in their work life. This guidance may be helpful for them too.

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<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>