

# GATHER SAFELY



Don't let respiratory illnesses like COVID-19 and flu spoil your holidays. Take simple steps to keep everyone healthy as you celebrate with family and friends. Find more tips at [cdc.gov/covid19](https://www.cdc.gov/covid19)



## Get your COVID-19 and flu shots.

You can get both vaccines at the same time. Encourage family and friends to get their shots too. Listen to and respect their concerns. **Ask if you can share your own experience** getting vaccinated.

## Talk before you gather.

Talk to family and friends about safety expectations. Use **"I" statements** such as, "I don't feel comfortable being around that many people yet," to set boundaries without judging others.



## Smaller is safer.

Keep indoor gatherings small, especially if not all participants are vaccinated. **Avoid crowded indoor events** and remember to wear a mask in indoor public spaces.

## Outside is safest.

If you can, bundle up and **take your celebration outdoors**. Fresh air and extra space help prevent the spread of respiratory illnesses.



## Stay home if you are sick.

Keep your loved ones healthy by not hosting or attending gatherings if you are feeling sick. **If you develop COVID-19 symptoms after a gathering**, get tested right away and notify the people you were with.

