

No matter what holiday you celebrate, we are all dealing with the impacts of COVID-19. And while gatherings are smaller and families are farther apart — we can still celebrate safely.

These are some tips to stay safe this holiday season and keep the holiday spirit.

Recently, the California Department of Public Health issued a regional stay at home order which prohibits private gatherings of any size and other non-essential activities and travel for several regions across California.

To find out if your area is affected, <u>click here</u>.

PROTECTING YOURSELF AGAINST COVID-19

You can protect yourself and those you care about by:

• Wearing a face mask, packing hand sanitizer and wipes and washing your hands often.



- Getting a flu shot. While it does not protect against COVID-19, it lowers the chance of serious illness and reduces potential strain on hospitals.
- Avoiding large gatherings with anyone outside of your immediate household.



To learn more about staying safe while traveling, check out the CDC's travel considerations here.

KEEPING YOUR HOME SAFE THIS HOLIDAY SEASON

We all love a pumpkin spiced candle or a holiday decoration but with these tips you can also protect your home from a fire.

- Examine water levels daily if you have a live tree, and unplug any lights on the tree at night or when
 you leave home.
- Keep candles away from flammable materials (at least 1 foot) like trees or other decorations.
 Be sure to blow out candles when you leave your home or you go to sleep.
- Be mindful when stringing lights and other decorations outside and stay at least 10 feet away from power lines. Be sure to also inspect extension cords and light strings before hanging them to make sure they are not damaged or faulty.
- Make sure that chimneys are cleaned and inspected.
- Check fire alarms and carbon monoxide detectors. <u>Carbon monoxide poisoning</u> can lead to serious illness and even death.
- Ensure that your oven is clean to reduce the potential for grease fires.



