

COVID-19: Celebrating the Holidays at Home

For the better part of the last year, the COVID-19 pandemic has affected our daily lives and social connections. Many people look forward to the holidays each year and spending time with loved ones. Though your holiday plans might be different this year, there are plenty of ways you can connect with family and friends. Even if you are choosing to stay home, you can still enjoy the holidays and create new memories with loved ones. Here are some tips on making the most of your celebrations.

Celebrate with Other Households Virtually

You may be choosing to stay home with only your immediate household, as recommended by the Centers for Disease Control and Prevention. However, if you typically celebrate certain holidays with extended family or other households, coordinate a time to check in with them. You could plan on video chatting at a certain time, such as before or after dinner, to make it feel like you're celebrating together. Share what you cooked with each other, what tasty treats are on the menu for dessert, or show them any festive decorations you've put up.

Host a Party or Game Night

Give everyone something to look forward to by hosting a virtual party or game night. Even if you aren't with family or friends in person right now, you can still spend time together and create new memories.

Bring Dinner to Others

Consider cooking for extended family or friends who live nearby, especially those who are older and might not be able to cook a holiday dinner for themselves. You could let them know when you're dropping the meal off to avoid direct contact and say hello from a distance.

Holiday Shopping

The holidays are a fun time of year to be out and about and to see all the lights and decorations. However, consider doing your holiday shopping online this year to minimize your exposure. There are often many, if not more, deals online. Also, try supporting local and small businesses when possible that might be hurting due to the impact of the coronavirus.

Gathering Safely

If you do decide to celebrate the holidays with other households, make sure to consult your state's specific regulations. Consider gathering outside. All guests should wear masks at all times and keep a minimum of 6 feet apart. Make sure to wash your hands frequently. Read more comprehensive small gathering considerations at the CDC's website.

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