

Holiday Reminders for School Communities from the Durham Region Health Department



The season of social gatherings and get-togethers is here, but this year, it will be quite different. With COVID-19 still a big part of our lives, we all have to continue doing our part to protect each other by remembering to follow all public health measures. The safest way to celebrate with family and friends outside of your household this year is to gather virtually.

Durham Region is in the [Red Zone](#) of Ontario's COVID-19 Response Framework.

This means there is a limit for social gatherings where physical distancing can be maintained of:

- 5 people indoors; or
- 25 people outdoors

With this in mind, try creating new traditions to celebrate this year. Some ideas can include:

- Encouraging kids to dress up and participate in virtual activities and parties
- Watching holiday or winter movies
- Decorating doors, putting lights up, etc.
- Donating to your favourite charity or toy drive
- Attending a drive-in or drive-through event such as a parade or light display
- Build a snowman or go tobogganing with members of your household

To minimize the risk of spreading COVID-19 this holiday season, you should:

- stay home if you have symptoms, even if they are mild
- keep 2 meters of physical distance from everyone you don't live with, including family and friends
- avoid travelling to lower transmission areas, unless it's essential (for example, do not travel from an orange zone to a yellow zone unless you have to)

not host or attend gatherings with more people than are permitted for your area

wear a face covering inside public spaces, outdoors if physical distancing cannot be maintained or if wearing one is required

wash your hands thoroughly and regularly

download the COVID Alert mobile app

Winter holidays may look a little different this year, but they can still be a lot of fun. We all must make changes to our holiday traditions to help keep everyone safe.

For more information, please visit:

www.durham.ca/novelcoronavirus

<https://www.ontario.ca/page/celebrate-safely-during-covid-19>

For more information in other languages, please visit:

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources?tab=2>

<https://www.durham.ca/en/health-and-wellness/school-reopening-toolkit.aspx#Public-Health-Agency-of-Canada-COVID-19-information-in-other-languages>