

## Creating Holiday Memories in 2020

### Enjoying the Holidays Safely

Holiday traditions and lasting memories bring us cheer and joy this time of year. This year, we can still make merry, but we must approach our celebrations with an extra measure of caution. Thankfully, the ways we can reduce the spread of COVID-19 are easy for us to do – wearing our masks, staying six feet from those who aren't in your household, washing our hands, and staying home if sick. If you need to travel during the holidays, your best bet is still traveling by car. If you travel by plane, wear a face mask at all times, social distance while in the airport, wash hands often, and wipe down all surfaces before sitting down. It's best to stay safe by limiting the number of other households we have contact with, so it may be a more virtual holiday season this year.

### Follow the Latest Public Health Orders

As we think about how we are going to spend the holidays and make our plans, remember to review your county's most current public health orders. The number of people at social gatherings depends on where your county is on the [Colorado Dial Framework](#) and local public health orders. It also depends on how safe you and your family feel. Following safety measures protects our loved ones and ourselves. Review Adams, Arapahoe, and Douglas Counties latest Public Health Orders at [www.tchd.org/COVID19](http://www.tchd.org/COVID19).

### 8 Holiday Season Safety Basics

Certain things can increase our risk of getting the virus, such as crowded stores, parties, traveling, and being in close contact with anyone. Try to stay virus-free by following the simple steps to protect each other:

<b>1</b> Limit parties, gatherings, and number of households	<b>2</b> Talk about travel risks and consider alternatives	<b>3</b> Stay six feet apart everywhere – indoors and outdoors	<b>4</b> Stay home if around someone who is ill or if you have symptoms
<b>5</b> Wear a mask	<b>6</b> Wash hands often or use hand sanitizer	<b>7</b> Avoid crowds by ordering groceries and gifts online	<b>8</b> Take extra care for those at higher risk

### Being Safe Outdoors and Indoors with Family and Friends

Masking, social distancing, hand hygiene, and staying home when we are sick are all measures we know and do together. For added protection, we are focusing on crowd size, social distancing and ventilation in indoor spaces where you might be holding celebrations. Consider avoiding gatherings with people who are not in your household, are over 65 years old, or have medical conditions that place them at increased risk for COVID-19.

If you do have another household over, keep gatherings small and outside. If inside, keep windows open to increase the amount of fresh air coming in. This reduces the chances of recirculating the same air and of spreading the virus. Consider making a plan to help everyone follow the simple steps to protect each other.

### 'Tis the Season to Spread Holiday Spirit while Social Distancing

Consider limiting your in-person gatherings to your own household and connecting with other family and friends only virtually. Buying online is a good way to avoid crowds when holiday shopping. Be safe and share creative

ways to stay connected while celebrating life together. Our list of other fun holiday ideas below will send good cheer to everyone who is near or far. You don't have to limit yourself to these ideas! We encourage everyone to be creative and create new traditions this year.

### Other Fun Holiday Ideas

- Exchange traditional family recipes with relatives. Make a new dish, take a picture, and share your picture on email, text, or on social media.
- Plan a no-steal or steal-friendly virtual white elephant gift exchange party.
- Put up your favorite decorations and share your pictures online.
- Have a virtual watch party to enjoy parades, sporting events, and holiday movies at home.
- Having a virtual dinner and share one favorite recipe each with friends and family.
- Have a virtual office or family ugly sweater party and play a game like holiday bingo.
- Ask family and friends to take part in holiday charitable donations.
- Arrange a way to see each other virtually while opening presents.
- Go for a walk in your neighborhood and vote on your favorite decorations.
- Participate in a gratitude activity like writing down what you are thankful for and sharing with your friends and family.
- Send heartfelt holiday greeting cards to your family and friends.
- Create a photo memory book.

### Tips on taking Time for Self-Care over the Holidays

Many people can experience feelings of anxiety or depression during the holiday season. People who already live with a mental health condition should take extra care to tend to their overall health and wellness during this time. Many seasonal factors can increase holiday blues such as, less sunlight, changes in your diet or routine, substance use (alcohol, tobacco, marijuana, etc.), or our inability to be with friends or family.

Self-Care tips include sticking to a normal routine, getting enough sleep, taking time for ourselves, eating healthy, being active, making to-do lists, creating a plan for the holidays and setting reasonable expectations and goals, setting a holiday budget, and listening to music or finding other ways to relax.

Remember the holiday blues are short-term. Be patient and take it week-by-week or day-by-day. Reach out to friends and family and let them know how you are feeling. If you have not heard from a friend or relative, check in and see how things are going on their end. No matter what you are going through, help is available. Call Colorado Crisis Services at 844-493-TALK (8255) or text TALK to 38255. Learn more at [ColoradoCrisisServices.org](https://www.coloradocrisiservices.org).

Keep in mind that good hand hygiene, social distancing, wearing a mask, increasing outside airflow when inside, and limiting crowds all work together to protect our loved ones and ourselves. We can enjoy our holiday celebrations by creating new memories together. Make your holiday plan today.

Follow us on [Facebook](#), [Instagram](#), or [Twitter](#) and find ways to plan your event, a list of activities from low to high risk, and more holiday tips at [www.tchd.org/HolidaySafetyTips](https://www.tchd.org/HolidaySafetyTips). Take simple steps to protect each other this holiday season. We wish everyone a safe, healthy, and happy New Year!