



HAVE A HAPPY & SAFE HOLIDAY SEASON

The holiday season is upon us, but the pandemic is not over yet. We still need to do our part to protect those around us & our community's most vulnerable residents

REDUCE COVID-19 SPREAD

- Get [fully vaccinated](#) and a booster dose if eligible for the best protection.
- Stay two metres apart from people outside your household.
- Wear a mask indoors, and outdoors when physical distancing is difficult.
- Stay home & get tested if you have any COVID-19 symptoms, even if mild.
- Use [other ways](#) to greet and show affection to others, instead of handshakes, hugs and kisses.

FOLLOW FEDERAL TRAVEL RULES

- Avoid non-essential travel.
- Follow all [travel regulations](#) set by the Canadian government.
- Get fully vaccinated before travelling.
- Wear a mask, watch your distance & wash your hands wherever you go.

OUTDOOR GATHERINGS ARE PREFERRED

INDOOR GATHERINGS NEED EXTRA CARE

- Keep your in-person social circle small and limited to vaccinated individuals as much as possible. The smaller the better.
- Open windows to improve ventilation.
- Wear a mask and keep two metres distance from those outside your household.
- Use extra caution to protect people at higher risk of getting very sick from COVID-19, including seniors.

SAFELY ATTEND RELIGIOUS SERVICES, RITES OR CEREMONIES

- Check to see if live-streaming or virtual services are being offered.
- Keep two metres distance from people outside your household and wear a mask.
- Limit gatherings to 25 people indoors when hosting prayers and rites at your home.

ENJOY HOLIDAY ACTIVITIES

Think of fun activities your family can do to celebrate the holidays and spread joy to others.

- Decorate the inside and outside of your home.
- Go for a walk around your neighbourhood with your household members to enjoy holiday decorations. Find a [Cavalcade of Lights](#) activity in your neighbourhood.
- Enjoy [outdoor winter activities](#) such as ice skating, skiing or tobogganing.
- Write letters and cards to family, friends, loved ones or essential workers.

SAFELY ATTEND PUBLIC EVENTS (e.g., parades, holiday markets)

- Avoid crowds as much as possible, and keep two metres distance from people outside your household, or in situations when vaccination status is not known.
- Wear a mask indoors, and outdoors when physical distancing is difficult.

MANAGE HOLIDAY STRESS

Sometimes there are greater expectations and stressors during the holidays.

- Reach out to people you trust to talk with and share your feelings.
- If you are feeling overwhelmed, talk to a health professional, counsellor, friend or family member.
- Contact 211 if you need support and to find more [local mental health resources](#).

SUPPORT YOUR COMMUNITY THROUGH HOLIDAY DONATIONS

- The safest way to support your community is by making a cash donation by credit card, cheque or e-transfer. See [DonateTO](#) for more information.
- Consider ways you can assist vulnerable neighbours or loved ones, such as picking up essential goods or shoveling their driveway.

REFERENCES

[Ontario Ministry of Health. Seasonal Gatherings, festive occasions, and other Fall/Winter events.](#)
Government of Canada. COVID-19: [Plan a safe holiday or celebration.](#)