

SUNDAY MORNING

HEALTH CORNER

Enjoy the Winter Holiday During the Coronavirus (COVID-19) Pandemic

The COVID-19 pandemic has been stressful and isolating for many people. This holiday season, consider how you can modify your holiday plans to reduce the spread of COVID-19 to keep your friends, families, and communities healthy and safe.



Host a virtual celebration with friends and family

- Schedule a time to eat a meal together virtually and have people show their main dish, vegetable, or dessert.
- Gather virtually for a gift exchange or activity.
- Schedule a time to meet virtually to open gifts together.
- Throw a virtual dance party and collaborate with friends and family on a holiday playlist.



Decorate for the season.

- Drive or walk around your community to look at decorations from a safe distance.



Attend a religious ceremony.

- Attending virtual services is the safest way to worship.



Volunteer and help others in need.

- Find virtual opportunities to contribute.



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