



Public Health Division

# County of Santa Cruz

## HEALTH SERVICES AGENCY

POST OFFICE BOX 962, 1080 Emeline Ave., SANTA CRUZ, CA 95061-0962

TELEPHONE: (831) 454-4000 FAX: (831) 454-4488 TDD: Call 711

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**Contact:** Jason Hoppin, PIO

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**Phone:** (831) 454-3401

### HEALTH OFFICIALS FROM EIGHT BAY AREA COUNTIES ISSUE RECOMMENDATIONS FOR SAFER HOLIDAYS AND TRAVEL

Public urged to protecting yourself and others from COVID-19

SANTA CRUZ COUNTY, Calif. – Health Officers from the Counties of Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara, Santa Cruz, Solano and the city of Berkeley today issued joint recommendations for staying safe during the holidays. The recommendation covers gatherings and travel, with recommended steps to reduce risk.

“While we have made progress in reducing disease transmission and reopening our economy, many activities remain risky and we all must work together and make sure vulnerable members of our community are protected,” said Dr. Gail Newel, Health Officer for the County of Santa Cruz. “When people who live in different houses or apartments are together at the same time in the same space, risk of COVID-19 spreading goes up, even when the people are relatives or friends. Please celebrate safely this year and protect yourself and your family by including face coverings, keeping a distance, and staying outdoors.”

If residents gather in person for the holidays, keep it small, short, stable and safe. To help slow the spread of COVID-19, it is best to avoid traveling long distances to celebrate the holidays. For those who are traveling, the fact sheet provides tips to help avoid catching COVID-19 or spreading it to fellow travelers.

Though California does not require travelers to quarantine upon arrival or return to the state, some national and state governments have requirements and restrictions for visitors from California, including mandatory quarantine and testing. Check what the rules and requirements are before you travel.

#### CELEBRATE WITHOUT GATHERING

The safest way to celebrate this holiday season is virtually or with members of your household. Gathering with people outside your household – even extended family – increases the risk of getting and spreading COVID-19. There are many ways to enjoy the holidays with loved ones without gathering:

- Enjoy holiday traditions at home with your household
- Decorate your home and/or yard
- Share a virtual meal with family and friends
- Host online parties and/or contests
- Prepare meals using traditional recipes and deliver to family and neighbors
- Attend holiday movie nights at drive-in venues
- Visit holiday-themed outdoor art installations
- Participate in drive-by events where everyone stays in their vehicle.