

What you need to know from nurse Kubik:

This time of year offers more opportunity for family gatherings. However, we need to modify these plans to keep your friends, families and our community healthy and safe. Please remain Covid conscientious! Continue to maintain social distancing, wear your mask and wash your hands frequently.

The CDC website has some suggestions to help you maintain your vigilance and cooperation to reduce the spread. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

Please adhere to the travel guidelines which can be found here

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>

Here are some other resources from the Weller Center:

**Weller Community Resources Website**

<https://www.lvhn.org/weller-health-education/community-resources>

**Celebrating the Holidays Safely (Parent Version)**

<https://youtu.be/M3eK72UKVZY>

**Celebrating the Holidays Safely (Student Version)**

<https://youtu.be/tjcSyggKeN4>

**Holiday Safety Flyers from the CDC**

Consider Other Holiday Activities [https://www.cdc.gov/coronavirus/2019-ncov/downloads/daily-life-coping/consider\\_other\\_thanksgiving\\_activities.html.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/daily-life-coping/consider_other_thanksgiving_activities.html.pdf)

Everyone Can Make the Holidays Safer [https://www.cdc.gov/coronavirus/2019-ncov/downloads/daily-life-coping/everyone\\_can\\_make\\_thanksgiving\\_safer.html.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/daily-life-coping/everyone_can_make_thanksgiving_safer.html.pdf)

**Have a safe and relaxing Thanksgiving!**

