



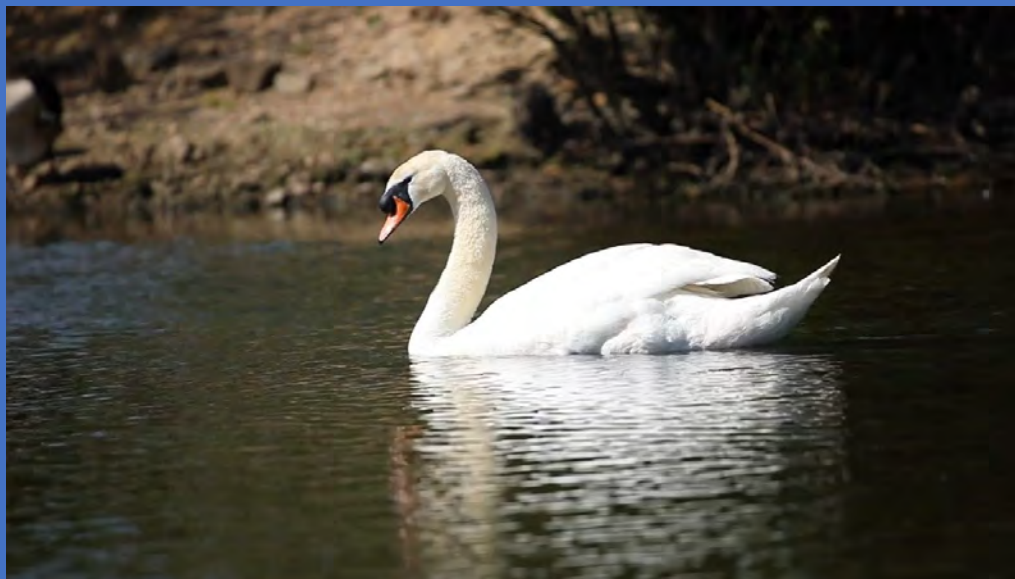
Safely Navigating

The First Holiday of the “Air Hug”

Presented by













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Housekeeping

- Questions
- Survey
- Technical Trouble?

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Today's Topics

1. Approaching the Holidays Amidst COVID-19
2. Do Prevention Recommendations Work?
3. Recommendations for Holiday Gatherings 2020





Approaching the Holidays Amidst COVID-19



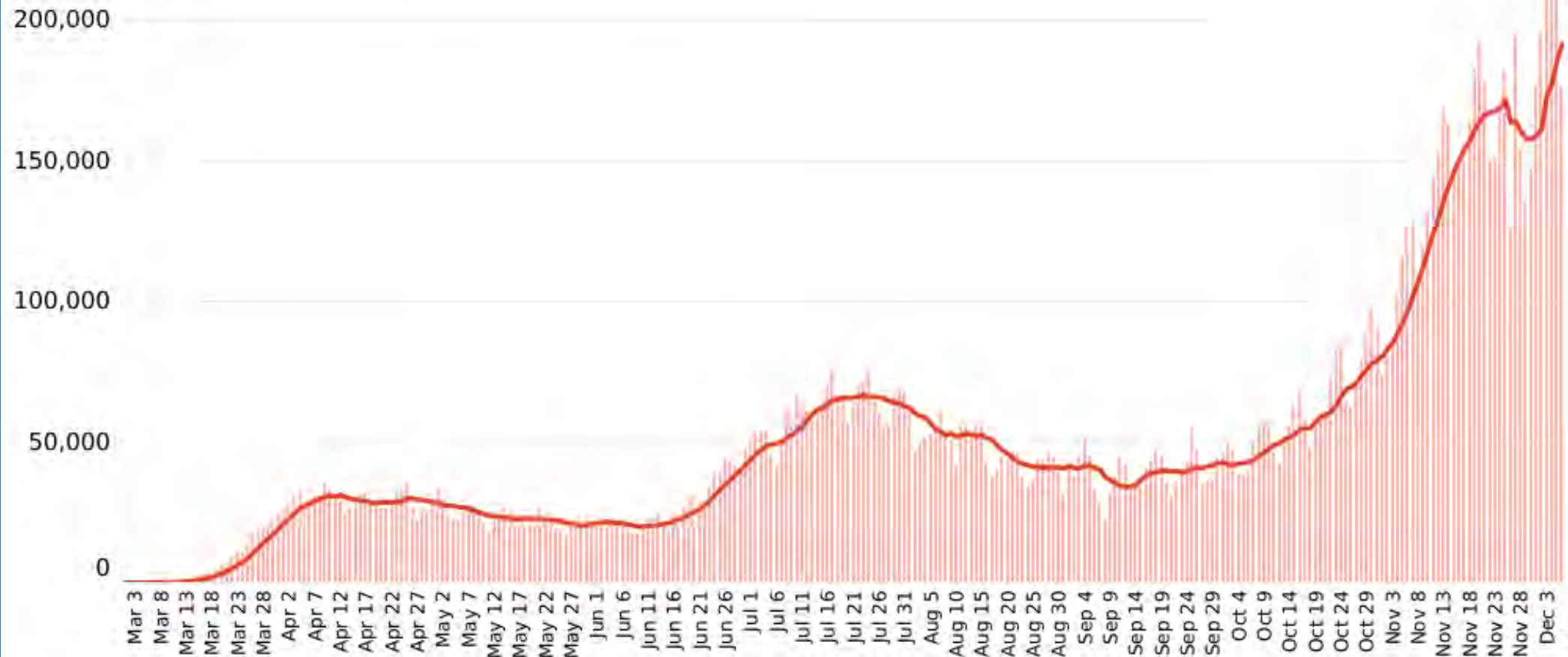




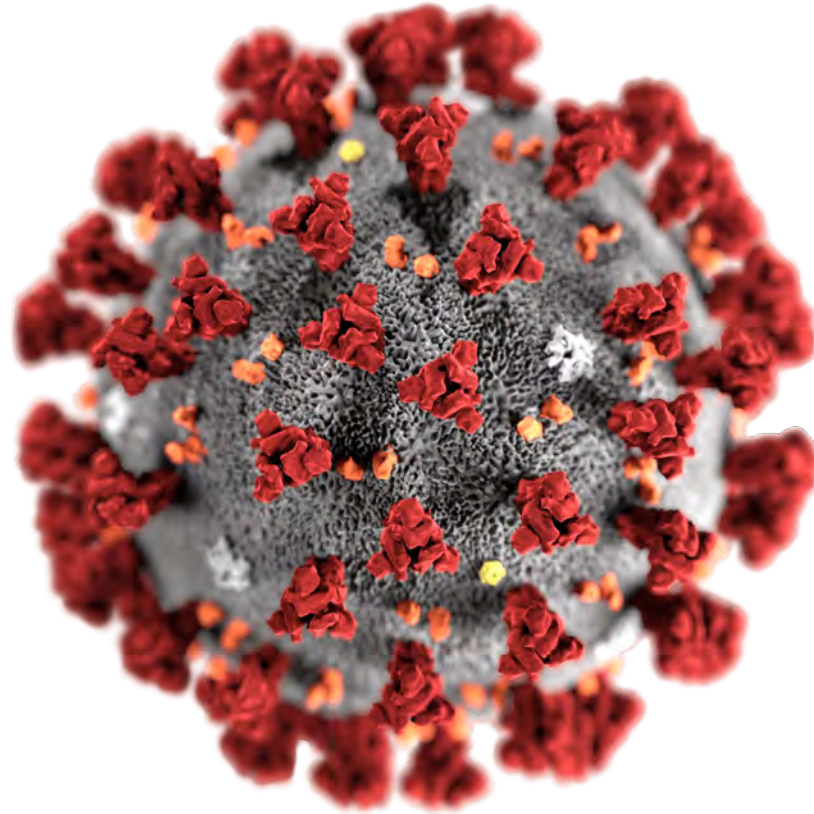


US DAILY CASES. 7-DAY AVERAGE LINE

Mar 1 to Dec 6



COVID-19



**Coronavirus
(SARS-CoV-2)**









Do Prevention Recommendations Work?





How does the virus spread?





How does the virus spread?







Patterns of Transmission

2 Case Studies



Maine Wedding, August 2020

Detail:

- *55 people attended wedding*
- *Held indoors against state mandates*
- *No face coverings*
- *No social distancing*



Maine Wedding, August 2020

Outcome:

- *177 associated COVID-19 cases*
- *Multiple hospitalizations*
- *2 Deaths (neither attended wedding)*
- *Most associated cases did not attend*
- *Infected attendees returned to work following wedding, despite feeling sick*



Choir Practice, March 2020

Detail:

- *61 people attended*
- *Singing for 2.5 hours*
- *No face coverings*
- *No social distancing*
- *1 person attended despite feeling symptomatic*



Choir Practice, March 2020

Outcome

- *Linked to 50+ COVID-19 cases*
- *3 Hospitalizations*
- *2 Deaths*



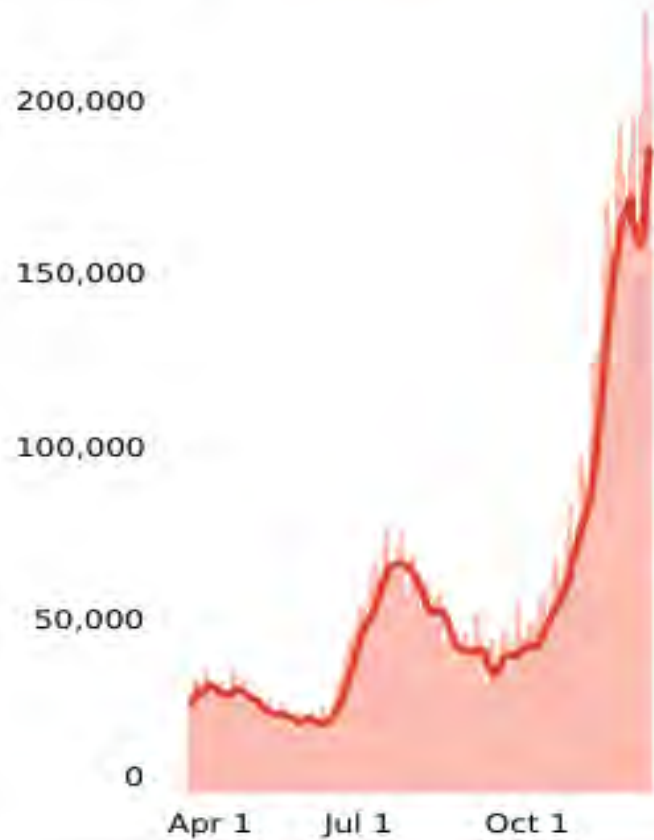


Coronavirus Patterns

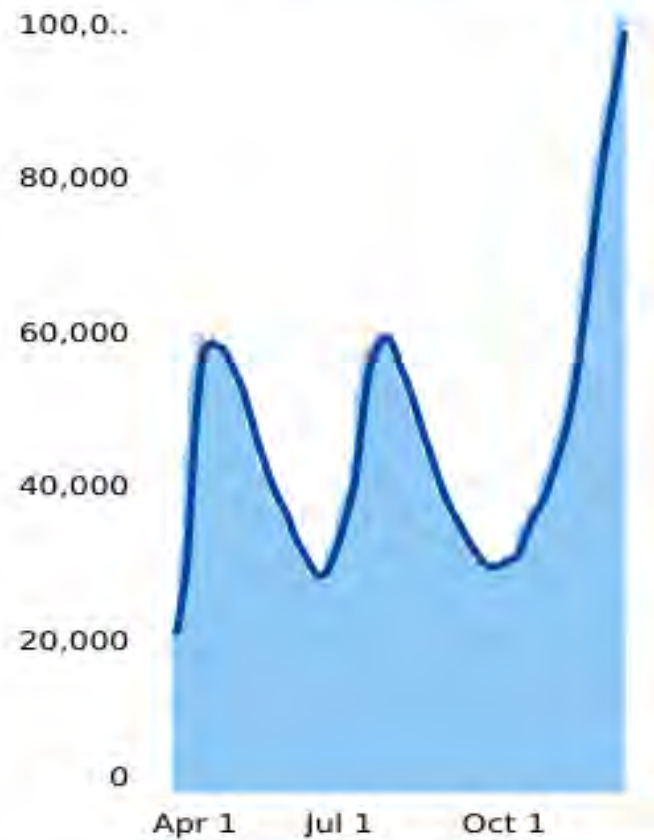
- Infected people may not feel symptoms for many days.
- Can be infectious (spread virus) for a longer period of time.
- The higher spreads more easily indoors.

Trends

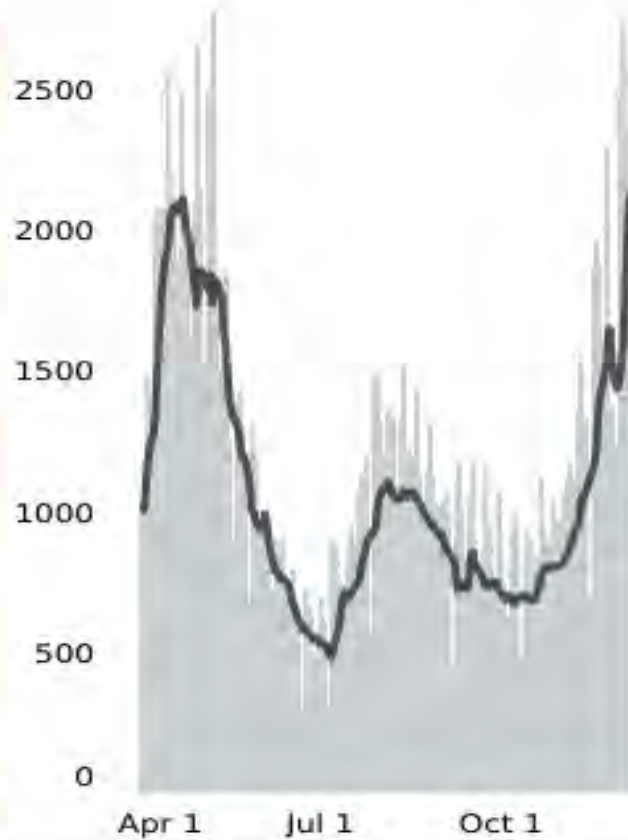
Daily Cases
Dec 5: **211,073**



Currently Hospitalized
Dec 5: **101,190**



Daily Deaths
Dec 5: **2,445**



Stay the Course

- Don't fall victim to ***Pandemic Fatigue*** or **peer pressure** to relax protection





Recommendations

Holiday Gatherings & Activities 2020





Holiday Season Recommendations

- Stay home during the holiday as a best practice.
- Avoid crowded airports and public transportation.
- Avoid crowded indoor spaces.
- Continue face coverings, social distancing, and handwashing.
- Stay home and isolate when sick.
- Maintain social connections and care for your mental health.



Weigh the Risks



A close-up photograph of a branch with several bright red, round berries. The berries are in sharp focus, while the background is blurred, showing more of the branch and some green foliage.

Weigh the Risks

- People at Risk
- Environmental Risks
- Exposure Risks



People at Higher Risk:

- Older adults



People at Higher Risk:

- People of any age, with underlying medical conditions



Environmental Risks:

- ☑ Avoid Crowded Indoor Spaces
- ☑ Ventilate with Outside Air



Exposure Risks:

☑ Quarantine

- Before and after travel and gatherings.

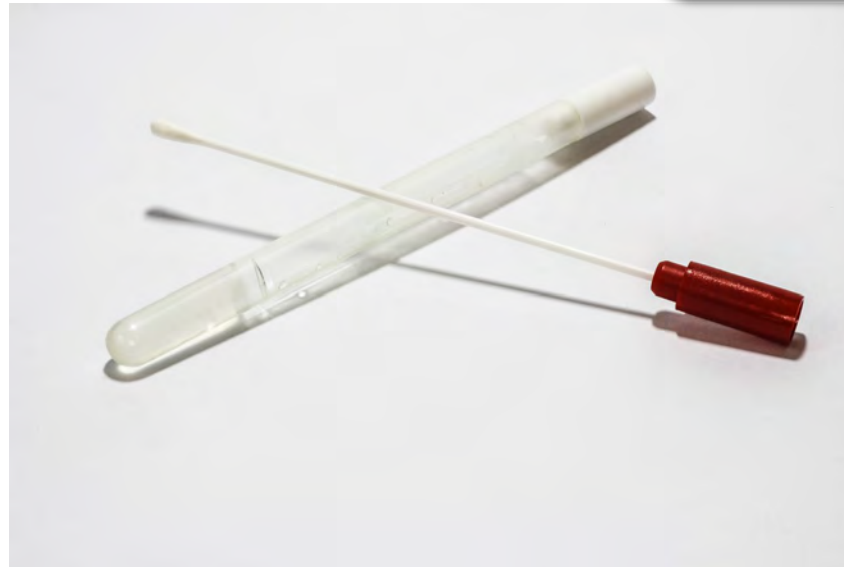


Exposure Risks:

☑ Testing

- Viral / Antigen
- Antibody

- ✓ 1 to 3 days before
- ✓ 3 to 5 days after









Thank You!



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