



# HAPPY, HEALTHY HOLIDAYS



## G.L.A.D. Tidings, Good Prevention Measures

Keys to Preventing Infection When Caring for a COVID-19 Positive Patient:

- **G**oggles and masks should always be worn
- **L**imit time in the room
- **A**ggressive hand washing
- **D**istancing appropriately



## Staying Home and Healthy for the Holidays

For everyone's health and safety, it is better not to travel. As cases continue to rise across the nation, avoiding hotspots has become very difficult, and travel requires breaking your trusted circle.

**If you do have to travel, do it safely.**

- Use masks and social distancing in all situations.

**If traveling by car:**

- Limit passengers to those in your household.
- If driving with anyone beyond your usual household members or social "bubble," wear a mask.

**If traveling by air, bus or train:**

- Wear a mask while walking through airports and train stations and while flying or riding on trains or buses.
- If traveling by plane, choose your airline carefully and select those which do not fill middle seats.
- *Note that traveling by anything other than a car poses an increased risk due to the inability to be appropriately distanced from other travelers — even with a mask.*



## Gather Round...for a Virtual Toast

It is natural to want to gather with friends and loved ones to celebrate the season, but these activities pose risks.

- **Large gatherings should be avoided**, and even small family gatherings have been linked to infection transmission.
- Consider using virtual meeting platforms to bring everyone together.



## The Perfect Holiday Recipe for Maintaining Your Health and Wellness: Resilience and Flexibility

- Visit **PennCOBALT** ([penncobalt.com](http://penncobalt.com)) and/or **PennMedicine Together** ([med.upenn.edu/PennMedicineTogether](http://med.upenn.edu/PennMedicineTogether)) to learn more.
- Check out these well-being resources:
  - » **UPHS employees** ([bit.ly/3khlwfE](http://bit.ly/3khlwfE))
  - » **LGH employees**
  - » Visit Starnet at Health & Wellness → MyHealthyLiving Program
  - » **School of Medicine employees** ([bit.ly/35bmNSc](http://bit.ly/35bmNSc))

