

THE *Holiday* LIST

BUILD YOUR HOLIDAY BUBBLE



TODAY

- ☐ Flu Shot
- ☐ Hold a Family Meeting; appoint a Family Bubble Commissioner
- ☐ Commit to creating a safe holiday bubble - everyone pledge to follow this process
- ☐ Identify holiday location
- ☐ Order face shields/goggles (if flying). Consider obtaining N95 masks*
- ☐ Check travel restrictions for the state you will be visiting

TWO WEEKS (14 DAYS PRIOR TO HOLIDAY)

- ☐ Self-quarantine, if possible*
- ☐ Follow strict viral exposure practices (masks, distance, avoid crowds, wash/sanitize hands)
- ☐ Check temperature and symptoms daily

5-7 DAYS PRIOR TO HOLIDAY

- ☐ Get a PCR diagnostic test
- ☐ Stock up on hand sanitizer and disinfectant wipes for travel
- ☐ Buy travel snacks (if driving)
- ☐ Complete purchase of holiday food and beverages, while maintaining quarantine. Use a touchless grocery delivery service.
- ☐ Recheck travel restrictions for the state you will be visiting

DAY OF TRAVEL

- ☐ If flying, wear a cloth mask (or N95) and face shield/goggles*
- ☐ If driving, avoid crowded stops. When stopping, wear a face shield or goggles in addition to your mask.

I promise to follow these steps to help insure a safe and happy holiday. _____ (initials)