



Keep Everyone Safe During 2022 Holiday Events

COVID-19 and Flu Prevention Checklist for the 2022 Holiday Season

Increased socializing at crowded indoor gatherings during the holidays may lead to a greater number of people getting sick with COVID-19, influenza, and other respiratory viruses.

The Association for Professionals in Infection Control and Epidemiology (APIC) has created this checklist to help you plan safe events this Holiday Season!

Six Weeks Before the Event

- Determine the safest type of event for you and your guests by checking infection trends. The CDC's COVID-19 by County website helps individuals determine which prevention actions to take based on the amount of COVID-19 circulating in the community: www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html
- Explore alternative options for in-person gatherings, including video chat parties and outdoor events.
- If planning an indoor gathering, keep in mind how many guests you can safely accommodate in the space and maintain safe distancing.
- Communicate with your guests about the precautions you will be taking. The holidays are hard enough. Let your guests know in advance (it can be on the invitation!) what they can do to help prevent the spread of infection during the event. Remind them that you are taking these precautions to protect their health so they can enjoy every moment of the holiday season!
- Get up-to-date on your vaccines. Flu and COVID-19 vaccines are a great place to start!
 - It usually takes about two weeks after receiving your shots to receive full protection. Plan to do this early enough so everyone is covered in time for holiday get-togethers!
- Encourage your guests to get vaccinated as well. Share APIC's Flu and COVID-19 vaccine fact sheet: www.infectionpreventionandyou.org/flu-covid-factsheet

Two Weeks Before the Event

- If you haven't received your flu or COVID-19 vaccines yet, it isn't too late! Get vaccinated!
- Make sure no one arrives with symptoms by sending a text/email with types of symptoms to screen for, according to the CDC's Self-Checker: www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

Day Before the Event

- Ask guests to take a rapid COVID-19 test.

Day of the Event

- Ask guests to take a rapid COVID-19 test before coming over. Provide tests for guests who need them.
- Help make those who choose to wear a mask feel comfortable. Lead by example and wear one yourself!
- Make sure you have enough hand soap, hand sanitizer, and individual towels for handwashing in bathrooms and food prep areas.
- Open windows if the weather is nice, or make sure you have fresh airflow in and out of your home while guests are there.
- Keep track of your glass! Encourage guests to label their glass or use some other identifier like wine charms. Invite the kids to craft a creative drink identifier for everyone!

Invited to an In-person Holiday Gathering?

- Share this checklist with your host/hostess and work together to make the gathering a safe experience for all!
- Decline the invitation if you have COVID-19 or flu symptoms, have had a high-risk exposure and are not up-to-date on vaccines, or feel uncomfortable attending.
 - **Don't wait.** Let the host/hostess know of your decision to not attend as soon as you have decided.
 - **Be thankful.** Be sure to express appreciation for the invitation.
 - **Be honest.** Explain your concerns. Let the host/hostess know that you would still like to see them, either virtually, outdoors, or in a smaller group.

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Founded in 1972, the Association for Professionals in Infection Control and Epidemiology (APIC) is the leading association for infection preventionists and epidemiologists. With more than 15,000 members, APIC advances the science and practice of infection prevention and control. APIC carries out its mission through research, advocacy, and patient safety; education, credentialing, and certification; and fostering development of the infection prevention and control workforce of the future. Together with our members and partners, we are working toward a safer world through the prevention of infection. Join us and learn more at apic.org.

1400 Crystal Drive, Suite 900
Arlington, VA 22202
www.apic.org

