

## PUBLIC HEALTH GUIDANCE - CELEBRATING HOLIDAYS

As families start to plan for the holiday season it is important to consider how to celebrate safely in order to minimize the risk of exposure to COVID-19. Planning early and identifying safe alternatives to some of the more traditional but risky methods of celebration will be key. The Pasadena Public Health Department would like to share information on how to take part in the holiday season in a manner that reduces the risk of spreading COVID-19. Since some of the traditional ways in which holidays are celebrated are not permitted this year, consider some safer alternatives that are listed below.

### HOLIDAY ACTIVITIES

#### Permitted

- Online parties and contests (e.g. Thanksgiving meal, tree trimming).
- Car parades that comply with public health guidance for [Car Line Celebrations](#) including:
  - Drive-through celebrations or contests where individuals dress up or decorate their vehicles and drive-through “judges” that are appropriately physically distanced or in vehicles.
  - Drive-through events where individuals remain in their vehicles and drive through an area with holiday displays that are created by households, at their own households. For non-residential establishments, displays that are completed by staff or third party vendors must adhere to existing protocols and Health Officer Orders.
  - Drive-through celebrations where individuals can receive one bag of treats or takeaway items (limited to commercially packaged non-perishable treats) from an organizer while the participants remain in their vehicle. Each drive-through celebration should have only one bag of items passed through to the vehicle, avoiding multiple interactions. Those passing through items and those in the vehicle should wear face coverings and cannot enter into the street, to ensure public safety.
  - Drive-through events where individuals do contactless drop-off or pick-up of toys or other donations
- Holiday movie nights at drive-in theaters (must comply with the [Drive-In Movie Theater](#) protocol).
- Live Performances or Concerts done at Drive-in theaters (must comply with the [Drive-In Movie Theater](#) protocol).
- Holiday-themed meals at outdoor restaurants (must comply with the [Restaurant](#) protocol).
- Holiday-themed art installations at an outdoor museum (must comply with the [Museum and Galleries](#) protocol).
- Dressing up homes and yards with holiday-themed decorations.
- Buying and decorating a Christmas tree (tree lots must comply with the [Retail](#) establishment protocol and may not have amusement park or carnival type activities such as rides, face painting, petting zoos, food service, bounce houses or visits with Santa that are closer than six feet.)
- Gatherings of 3 or fewer households are permitted if they are held outdoors (per the [Guidance for Private Gatherings](#) from the California Department of Public Health).

The fewer people you and your household have in-person contact with, the lower your risk of getting COVID-19. You and your household are allowed to gather with one or two other households as long as the gathering is outside, lasts no more than 2 hours, and everyone wears face coverings and stays at least 6 feet from non-household members. If you do choose to take this risk, it is safer to mix with the

same 1-2 household(s) repeatedly rather than with different groups.

- The following site from the Centers for Disease Control and Prevention (CDC) can help you to assess the risk of holiday celebrations and small gatherings.
  - [CDC Holiday Celebrations and Small Gatherings](#)

### **Not Permitted**

- Large gatherings and events are not currently allowed under the Health Officer Order.
- Carnivals, amusement parks, festivals, events, or similar activities that cause individuals from different households to gather.
- Department store Santa/holiday displays or photo opportunities that do not allow everyone to maintain 6 feet of physical distance from non-household members at all times.
- Caroling in commercial or public settings.

### **Not Recommended**

- Door to door activities, such as residential caroling, are not recommended because it can be very difficult to maintain proper social distancing on porches and at front doors and ensure that everyone answering or coming to the door is appropriately masked to prevent disease spread. Singing results in greater risk of respiratory droplet spread.

### **TRAVEL**

At this time, please re-think your holiday plans and cancel any plans for travel outside the region in the coming weeks. If you do decide to travel consider the following:

- Is COVID-19 spreading at your destination?
  - The more cases at your destination, the more likely you are to get infected during travel and spread the virus to others when you return.
  - The following CDC resources can help you to assess the risk of travel both locally and internationally:
    - [CDC COVID Data tracker](#)
    - [CDC Travel Recommendation by Destination](#)
- Are you or is someone you live with at increased risk for severe illness from COVID-19?
  - Anyone can get very ill from the virus that causes COVID-19, but older adults and people of any age with certain underlying medical conditions are at increased risk for severe illness if they become infected with COVID-19.
  - Stay at home as much as possible these few weeks except for accessing essential services, and try to use delivery services if possible for groceries and medicine.
- Does your destination have requirements or restrictions for travelers?
  - Some destinations have requirements, such as requiring people to test prior to travel or to quarantine upon arrival. Check state, territorial, tribal and local public health websites for information before you travel. If you are traveling internationally, check the destination's Office of Foreign Affairs or Ministry of Health or the [US Department of State, Bureau of Consular Affairs, Country Information](#) website for details about entry requirements and restrictions for arriving travelers.
- It is important to note that the City of Pasadena recommends that travelers self-quarantine where they are staying for 14 days when arriving into Pasadena or at home upon return from travel to another location out of state or to a risky gathering.

## PERSONAL PROTECTION MEASURES

Regardless of how you choose to celebrate the holidays it is important to follow ALL of these measures to reduce your risk:

1. Wear a cloth face covering when outside your home and around others that are not part of your household whether you are indoor or outdoor.
2. Watch your distance – Avoid gatherings with people you don't live with and stay at least 6 feet away (3 or more adult steps) from all other people who are not part of your own household, especially while talking, eating, drinking, and singing.
3. Remain outdoors as much as possible when socializing with people not in your household.
4. Wash or sanitize your hands often.
5. Disinfect frequently touched items regularly.
6. If you are sick, or you have been in contact with someone who is sick with COVID-19 or has symptoms of COVID-19 stay home, away from others, and get tested.
7. A negative COVID-19 test is not a reliable way to lower risk to others. Outbreaks DO occur at gatherings even after people attending have tested negative, because they later can become infectious for COVID-19, even without symptoms.

## KNOW WHERE TO GET RELIABLE INFORMATION

Beware of scams, false news and hoaxes surrounding novel coronavirus. Accurate information, including announcements of new cases in the City of Pasadena, will always be distributed by Public Health through news releases, social media, and our website. The website has more information on COVID-19 including FAQs, infographics and a guide to coping with stress, as well as tips on handwashing.

- Pasadena Public Health Department
  - <https://www.cityofpasadena.net/covid-19>

Other reliable sources of information about novel coronavirus are:

- California Department of Public Health (CDPH, State)
  - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>
- Centers for Disease Control and Prevention (CDC, National)
  - <http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html>



COVER YOUR COUGH WITH YOUR ELBOW OR TISSUE (THEN DISPOSE AND WASH YOUR HANDS)



STAY HOME IF YOU ARE SICK



PRACTICE PHYSICAL DISTANCING OF 6 FEET OR MORE



WASH YOUR HANDS WITH SOAP AND WATER FOR 20 SECONDS, FREQUENTLY



COVER NOSE AND MOUTH WITH CLEAN FACE COVERING



PERFORM DAILY HEALTH SCREENINGS

**Watch  
Your  
Distance**



**Additional Information and Resources**

If you have questions, or if you observe a violation, you can request information or submit a complaint through the Citizen Service Center. Call 626-744-7311 or visit <https://www.cityofpasadena.net/CSC>.