



10 Tips to Help with 2020 Hard Holiday Choices

Deciding what to do for the holidays can be difficult, but this year it will be more challenging than ever before. If you are at a loss as to how to handle this holiday season, these tips may help.

1. Plan and start thinking about the holidays now (it is a marathon and not a sprint)
2. Set expectations early with friends and family that the holidays may be different this year
3. Think about your family's risk factors
4. Think about the risk factors of the others you may gather with (consider both if it is safe for them and for you)
5. Some risk factors to consider
 - a. Age
 - b. Health Conditions
 - c. Employment/Schooling (how many people you/they are regularly in closer proximity to)
 - d. Lifestyle (amount of activities participated in that the CDC deem higher risk)
 - e. Mask wearing (the ability, willingness, and frequency that a mask is worn how and when suggested by the CDC)
 - f. Travel (local guidelines vary and some forms of transportation are safer than others)
 - g. Location (indoor spaces or space where you cannot distance are higher risk)
6. Decide based on the risk factors and your personal comfort level what level of contact is safest and best for you and your family
7. Make a list of what is the most important to you about the holidays
8. Think outside the box for ways to do as many of those things within the limits of what you decided was safest and best for you and your family
9. Share with your friends and family what you have decided
10. Be confident in the well thought out decisions you have made and stick to them

Traditionally the holiday season is about friends and family, this year is no different. It may look unfamiliar because you are not doing your usual activities in the normal ways, but you will still be showing loved ones the care you have for them by making these hard decisions.

