



COVID-19 and the Holiday Season

Ways we can all stay safe and healthy

The COVID-19 pandemic has made 2020 a very challenging year. As we enter winter, the dangers are more real than ever. We must redouble our efforts to stay safe. Here is guidance that can help us all see a brighter tomorrow.

For everyone

- ✓ Maintain proper social distancing, wear masks and wash your hands with soap often. These small things, practiced consistently, make a huge difference.
- ✓ Try to limit your footprint in the community for now. Stay close to home. Online shopping is a great option during the Christmas season.
- ✓ Holiday gatherings can be tempting but can also expose you to the virus.
- ✓ Follow local rules in the event you are exposed or become ill. Get tested, isolate or self-quarantine, and seek medical attention as needed.

For Team Bethesda

- ✓ Please stay vigilant in following safety guidelines and protocols in our homes and offices. Check bLINK frequently for new protocols.
- ✓ Partner with parents and guardians – you're in this together for the benefit of people we support.
- ✓ Your job can be stressful. Whenever possible, take time just for you – to refresh and recharge.

For families and guardians

- ✓ Please follow our advice to not take your loved one home for even a short period of time.
- ✓ Understand that visits may not be possible and that restrictions may need to be tightened temporarily.
- ✓ Work with your local team to find ways to keep spirits up in the home. Zoom visits, phone calls and supplying games continue to be great options.

Thank you for your commitment to keeping yourself and people you care about safe.