



Protect Yourself and Your Loved Ones During the Holidays!

We love holiday gatherings with family and friends, but this year it is wise to cancel or host them differently to prevent the spread of COVID-19.



Set Strict Limits

COVID-19 spreads even in small groups. If you do gather, limit to one other household. No more than 10 people.



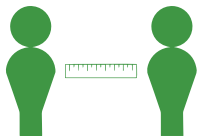
Wear a Mask

Everyone should wear a mask at all times except when eating.



Limit the Event Duration

Reduce the length of time you spend together to reduce chance for exposure.



Practice Social Distancing

Set the table and room so that people from different households can easily stay 6 feet apart.



Get a Flu Vaccine

Everyone should get a flu shot at least two weeks before the event.



Practice Good Hand Hygiene

Wash your hands frequently with soap and water for 20 seconds or use waterless hand sanitizer.

If you are currently isolating for a COVID-19 infection or exposure or are at high risk for severe illness, you should not attend any in-person events.

If you are experiencing COVID-19 symptoms – such as fever, cough, or difficulty breathing – and you think you may need to be tested, call a Bronson Care Advisor at (269) 341-7788.

Learn more at bronsonhealth.com/covid or visit the Centers for Disease Control & Prevention website.