

# From the AACMS Health Room



## SEASONS GREETINGS

It's hard to believe the holiday season is upon us again. This year has proven quite challenging for us all in many different ways and has been far from "normal." Though traditional holiday gatherings with friends and family are fun, they can increase the chances of getting or spreading COVID-19 and the flu. Here are some tips to help make your holiday season safer. Wishing you a safe, healthy, and happy holiday season!

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## FOLLOW EVERYDAY HEALTH HABITS

Together we can help stop the spread of germs that cause illness such as COVID 19:

- Stay at least 6 feet away from others who do not live with you
- Wash your hands often with soap and water for at least 20 seconds each time
- Use hand sanitizer that contains at least 60% alcohol if soap and water are not available
- Wear a mask with 2 or more layers to protect yourself and others
- Stay home if sick

## ATTENDING A GATHERING

In addition to following everyday health habits, take these additional steps if attending a holiday gathering.

- Wear a mask. Safely store your mask in your pocket, purse, or paper bag while eating and drinking.
- Bring your own food, drinks, plates, cups, and utensils.
- Avoid going in and out of areas where food is being handled, such as the kitchen.
- Use single-use options, like condiment packets and salad dressing, and disposable items like food containers, plates, and utensils.

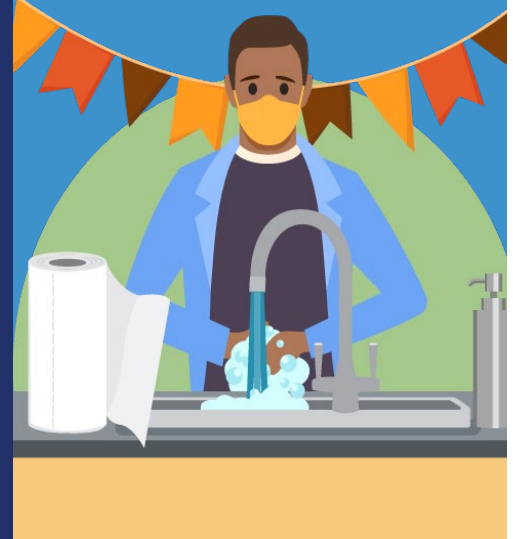


## CONSIDERATIONS FOR HOSTING A HOLIDAY GATHERING

- Have a small outdoor meal with family and friends in your community
- Limit the number of guests
- Set expectations with guests ahead of time
- Clean and disinfect frequently touched surfaces and items
- Make sure to open windows if celebrating indoors
- Limit number of people in food preparation area
- Have guests bring their own food and drink
- If sharing food, have one person serve and consider using single-use options, like plastic utensils.

## WEAR A MASK TO PROTECT OTHERS

The CDC recommends that people wear masks in public and when around people who don't live in your household. Choose a mask that has two or more layers of washable, breathable fabric. Make sure you wash your hands before putting on your mask. Wear a mask correctly for maximum protection. Mask should cover your nose and mouth, fit securely under your chin, and be snug against the sides of your face. Make sure you can breathe easy. Once the mask is on, don't touch it! If you do, wash your hands or use hand sanitizer to disinfect. Masks should be washed regularly after use.



## ALTERNATIVE HOLIDAY ACTIVITIES

- Host a virtual Thanksgiving meal with friends and family who don't live with you.
- Watch television at home- Thanksgiving Day parade, sports, and favorite holiday movies
- Find a fun game to play with members of your household
- Shop online sales the day after Thanksgiving and days leading up to winter holidays. Utilize contactless services, like curbside pick-up, for purchased items.
- Safely prepare traditional dishes and deliver them in a way that does not involve contact to friends and family
- Participate in a gratitude activity. Write down things you are grateful for and share them with your friends and family.



## HOLIDAY TRAVEL

Staying home is the best way to protect yourself and others. Travel increases your chance of getting and spreading COVID-19. As of November 17, 2020, the Wolf administration is requiring that travelers entering Pennsylvania from other countries and states, as well as Pennsylvanians who are returning home from other countries or states, have a negative COVID-19 test within 72 hours prior to entering the Commonwealth or quarantine for 14 days upon entry into Pennsylvania.

View the PA travel advisory at: <https://www.health.pa.gov/topics/disease/coronavirus/pages/travelers.aspx>

### Seasonal Flu Shot

Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself and the people around you from the flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic.

Contact your primary care provider or local pharmacy to schedule yours today!

### COVID-19

Coronavirus symptoms can range from mild to severe and appear between 2 and 14 day after exposure.

Symptoms include fever, cough, shortness of breath, chills without a fever, sore throat, muscle aches and pains, and temporary loss of smell or taste.

If you think you or your child may have COVID-19, contact your primary care provider **FIRST**

COVID-19 testing is being offered through Lehigh Valley Hospital and St. Luke's Hospital. For more info please call:

**MyLVHN Nurse Information line 1-888-402-LVHN**

**St. Luke's COVID hotline 1-866-STLUKES (1-866-785-8537) option 7**