

# RECOMMENDATIONS FOR GET TOGETHERS AND GATHERINGS

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**Gatherings with friends, family, and community are important to our mental and social health.**

Over the last two years, we have learned a lot about how to protect each other from COVID-19. We can gather more safely by taking a few precautions.

## Minimize risks to yourself and your community

As we learn to live with COVID-19 and begin gathering again, remember to:

- Stay home if you are sick. Whether it's COVID-19, the flu, a cold, or another illness, it is important not to expose others.
- Stay up-to-date on COVID-19 vaccinations and yearly flu shots. Vaccination is our greatest protection against severe illness.
- Wash your hands often and clean frequently-touched surfaces regularly.



## Consider that some people are at greater risk for severe illness

Think about where you will be and who you will be around. Many people are at a greater risk of serious illness, hospitalization or death from COVID-19. These extra layers of protection can help protect people who are more at risk, including those who are older, those who are unvaccinated, and those who have underlying conditions.

- Masks protect you and other people, especially when COVID-19 levels are high.
- Gathering outdoors or in well-ventilated indoor spaces (with open windows and fans for extra airflow) is safer than gathering indoors in small spaces.
- If you have recently been exposed to someone with COVID-19, consider delaying gathering with people, especially if they are at high risk for severe disease. Watch yourself for symptoms for 10 days.



## Respect the comfort level of other people

- Some people may ask you to continue to wear a mask if you go inside their home.
- Some people may want to wear a mask, even if they aren't asked to.
- Some people may be more comfortable only gathering outside, or with smaller groups.
- Accepting each person's decisions about safety precautions is a good way to show we care for each other.

## Guidance may change if COVID-19 numbers go up

Be aware of [COVID levels in your community](#) so you can choose which safety measures you will use for yourself and others. The spread of COVID-19 may affect your decision to attend or host gatherings.

