

## Together for the Holidays



We celebrate the holidays  
in different ways.

Christian Horizons is  
here to support you to  
celebrate your faith  
and culture traditions this  
holiday. Celebrations are  
important!



Due to the COVID-19 pandemic, the holidays are going to be different from what you're used to.





We want to support you and your loved ones to be safe and well as you celebrate. This means we will help you to follow the advice of local Public Health experts.



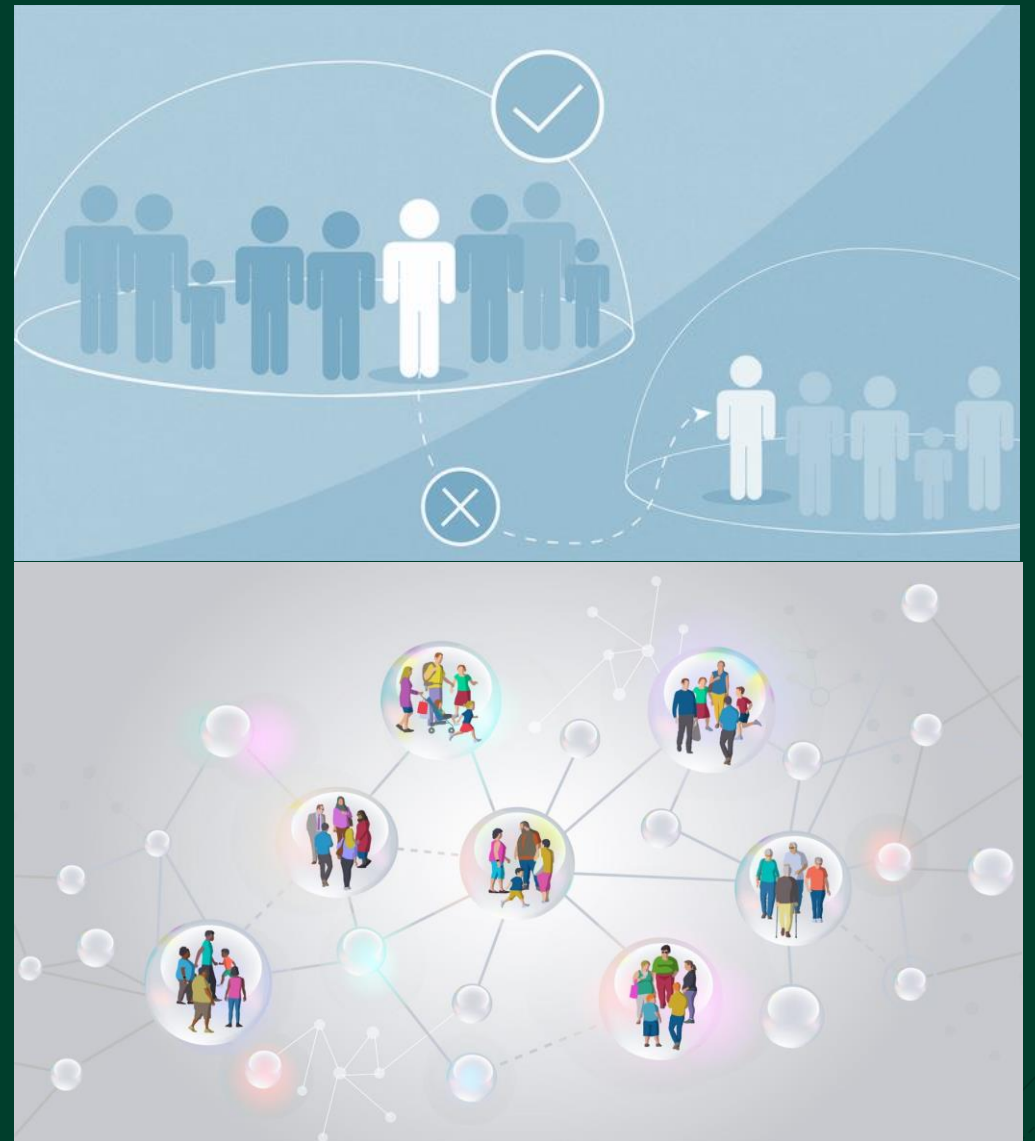


We have created this plan to help us all stay safe as we celebrate this festive season.

## Holiday Gatherings

We can help you to find out how many people can be together at your family gathering based on the advice of your local Public Health experts.



We want to help you make decisions that keep you and your family safe!







## Celebration Days

- ✓ You and your family can choose to celebrate on **one day** or **overnight** or **multiple days**.
  - ✓ If you visit with your family for **more** than just the day you will have to take **extra steps** if you are not **fully vaccinated**.
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We want to help you have a good time with your family and friends .

This is why we are giving you a special kit with 5 RANT tests to bring with you to your holiday visit so you can feel safe.







## RANT Kits

# Rapid Antigen Test Kits

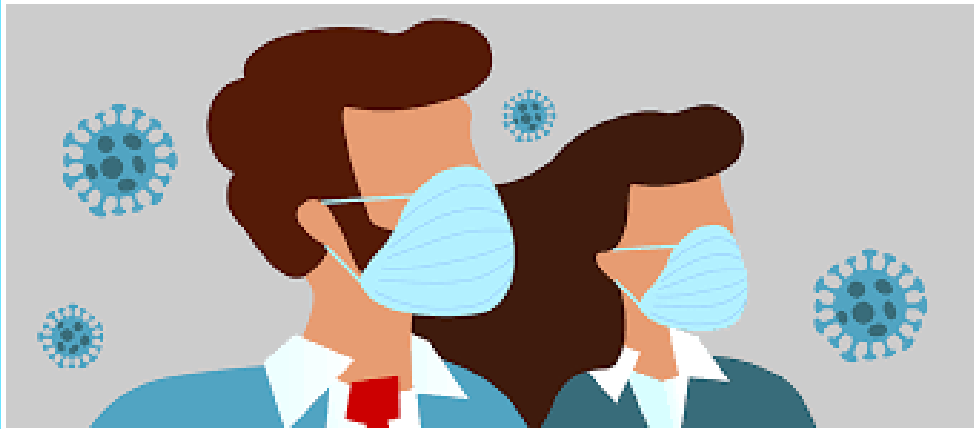


RANT stands for **Rapid Antigen Test**

- In the kit you will find instructions on how to use it and how you can let us know of your results
- It only takes fifteen minutes to get results
- You can take the test just before getting together with your family or 3 to 7 days after your celebration.
- The test might help you feel confident that you do not have COVID-19

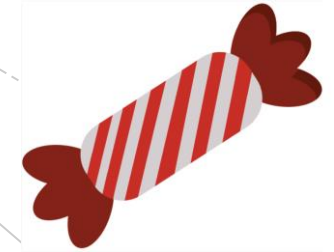


# “Do’s” for the Holidays!



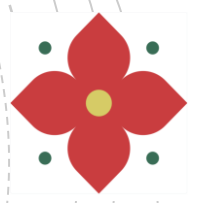
- ✓ **DO** – make sure you’re picked up by your family member or friend
- ✓ **DO** – wear a commercial mask that covers your nose, mouth and chin. We will help you get these masks if you don’t have your own.
  - ✓ **Tip:** Experts say commercial masks are safer than cloth masks.





## "Do's" for the Holidays!

- ✓ **Do** – keep physical distance – that means 2 metres apart, or 1 and a half Christmas gift wrap rolls away from each other.
- ✓ **Do** – stay home if you have COVID-19 symptoms



Sometimes, people who have health concerns or people who are over 70 years old can get very sick from COVID-19.

You will want to think about your own health and age before you decide if you would like to gather with others for the holidays.





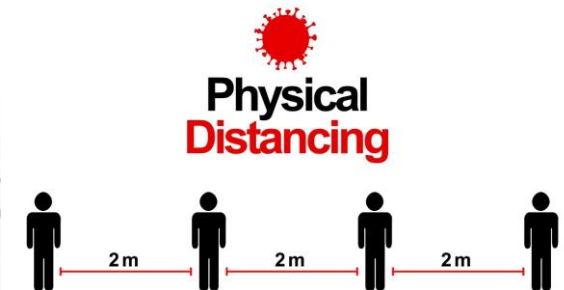
# Things to Consider When Planning Your Celebrations



Will there be someone at your gathering that has health concerns? Or over age 70?

People with **health concerns** or over age 70 are more likely to get sick than others.

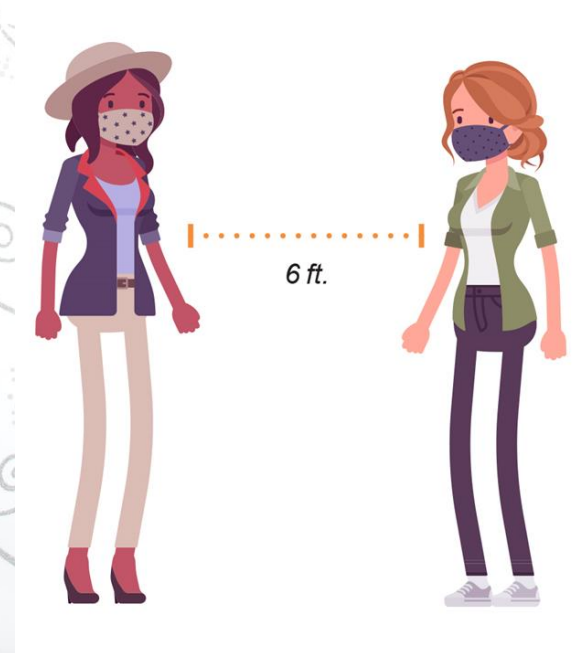
If it's **too risky** to celebrate with certain people, you might need to make other plans.



# Things to Consider When Planning Your Celebrations



Is there enough space to keep 2 metres apart? If you and your family or friends don't have a place where you can keep a safe distance, you might need to make other plans.





If it's **too risky** or there is **not enough space** to gather indoors, you can try having an outdoor visit. Bring out the warm blankets, cookies, and hot chocolate!



# Setting up your Gathering Space



Rearrange or remove furniture so there's enough space, like setting up your feast in the basement instead of the dining room.



Try to have those in the same household sitting closer together. Maybe set up a few small tables, or TV trays.



Limit handling of shared items. Everyone gets their own salt and pepper shaker!



Use disposable plates and cutlery – woo hoo – no dishes!



Consider separate food servings for each household – no buffet or passing around dishes. Use gloves when transferring food.





## What The Best Hosts Are Doing This Season!

- ✓ Using paper towels instead of hand towels
- ✓ Liquid Hand Soap available in bathrooms and sinks
- ✓ Hand sanitizer near the entrance
- ✓ Kleenex boxes around the room
- ✓ Having guests wear their masks



**And don't forget ...**

**It is important to clean  
hands often using soap and  
water or hand sanitizer!**



**It is important to wash our hands or use hand sanitizer when:**

- ✓ We come in from the outside
- ✓ After we touch a surface or item from the outside.
- ✓ Before we eat or drink anything
- ✓ If we touch our mask
- ✓ After using the washroom.
- ✓ After we open our presents.

## The Right Way to Wash Your Hands



Wet hands under running water



Apply soap and rub palms together



Spread the soap lather over the backs of hands



Make sure soap gets in between fingers



Grip fingers on each hand



Make sure to clean thumbs



Press fingertips into palm of each hand



Dry thoroughly with clean towel or paper towel



## Hugs



We need to try **really hard** to keep our distance from people we don't live with. But if we forget and a hug happens:

- Keep hugs as short as possible while wearing masks that cover your nose, mouth and chin
- Turn faces away from each other
- Wash hands/use hand sanitizer right after
- Don't hug too tight – to keep distance





# There are certain situations that we must prepare for when visiting for the holidays



## SCENARIO 1:

The people who are hosting and the guests are healthy and have no symptoms of COVID-19.

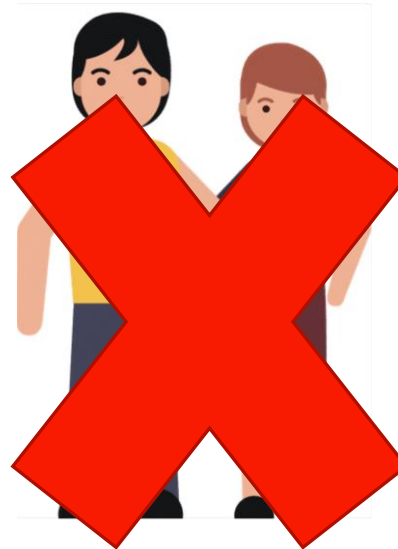
The visit can take place!

## SCENARIO 2:

You and the host have no symptoms.

But one of your relatives planning to attend the gathering woke up with a fever and cough.

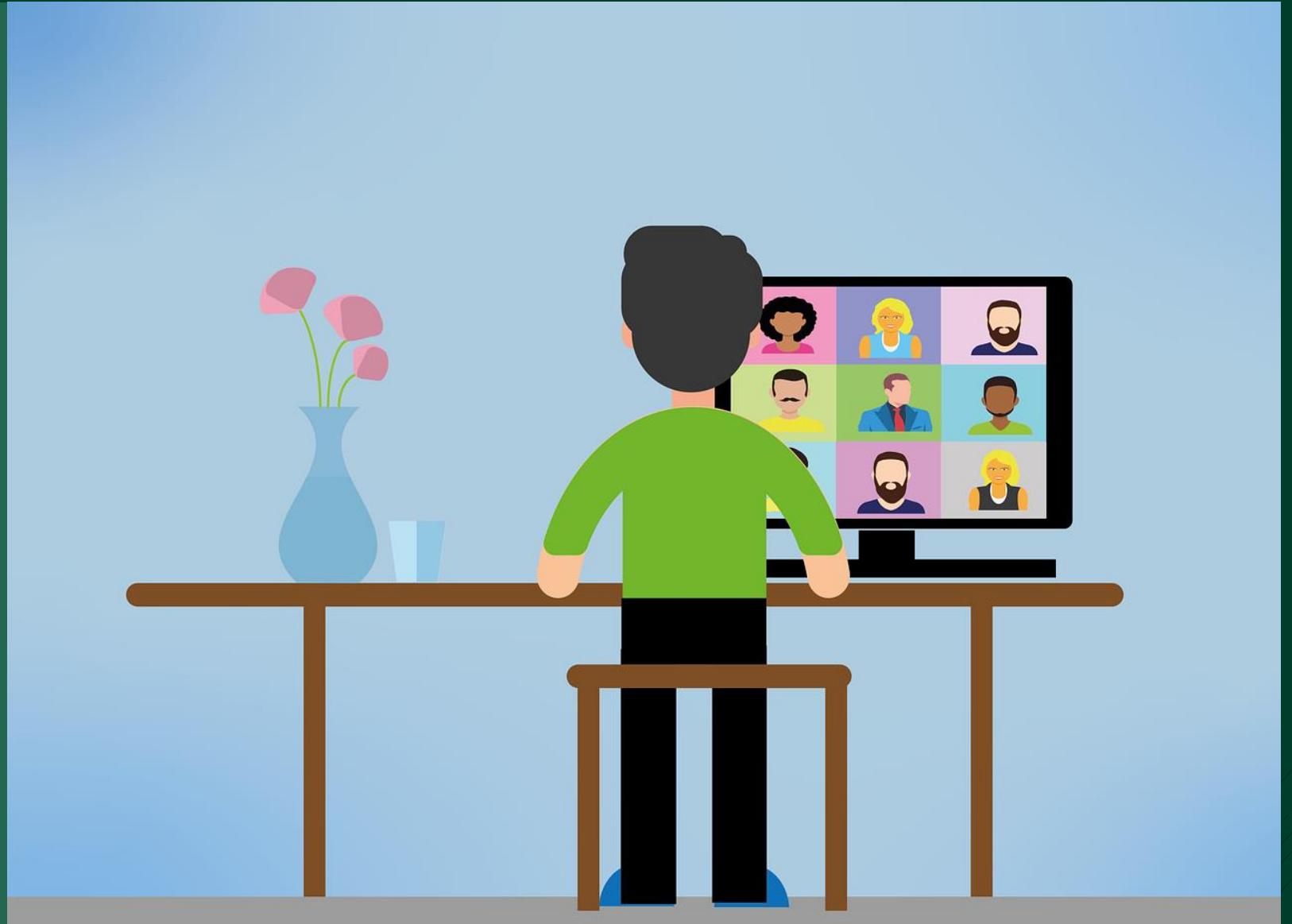
Your relatives should not attend the party. They can participate virtually with a Zoom or FaceTime call instead.



### SCENARIO 3:

You woke up with a headache, or a fever.

You must self-isolate in your home where you will receive Christian Horizons support. You can still participate virtually with a Zoom or FaceTime Call .



## SCENARIO 4:

The host has a member with a stuffy nose.

The host must let you and the others planning to attend the gathering know that they aren't feeling well, and the celebration can be rescheduled.



## What happens after the Celebration Visit

Your friend or family member can bring you back to your home. If your friend or family member wants to come into your home, call ahead and make sure there are no other visits happening at the same time.





## “Where I’ve Been and Who I’ve Seen”

A COVID-19 timeline for people who use Christian Horizons services and their support team



If we find out that someone had COVID-19 but was out in public places in their community, it is important to know whether we spent time with them or were in the same place. This tracking sheet can help you to know about possible risk for catching COVID-19. The government of Canada has developed an app helps with this as well. You can learn more about that app at [www.canada.ca/covid-alert/app](http://www.canada.ca/covid-alert/app)

THIS IS A TIMELINE FOR:

Name \_\_\_\_\_

DATE (E.G. 20/09/01)	START TIME	END TIME	WHERE I WAS (If name is not clear, include address)	WHO I WAS WITH*	COMMENTS OR CONCERNS (any risks or relevant information)

Public Health wants us to keep track of people we spend time with. We can use this form to list all the people you were with during your celebration time.

After the visit,  
you will be  
asked about  
how you're  
feeling.

## SYMPTOMS



Fever



Headache



Flu



Out of breath



Severe cough



Sore throat

If you are fully vaccinated, you can go back to your regular activities

I GOT  
MY COVID-19  
VACCINE!



I GOT  
MY COVID-19  
VACCINE!



If you're not fully vaccinated, you will need to take **Extra Steps** after your time away.

**OPTION 1**  
**GET A COVID-19**  
**TEST**



**OPTION 2**  
**ISOLATE FOR 10**  
**DAYS**



# If you're not fully vaccinated, you can choose:

## OPTION 1 – GO FOR A COVID-19 TEST

1. We will help you go for a COVID-19 Test
2. We will help you try to stick to your room or keep your distance from others while you're waiting for your test result
3. We will check your temperature and ask you if you have any symptoms every day while you're waiting
4. We will remind you to wear a commercial mask if you need to leave your room

While you're waiting, you can still get outdoor visits or go for outdoor walks

- If your test comes back negative, you can go back to your regular activities
- If your test comes back positive, we will help you get better!

1.



2.



3.



4.





# If you're not fully vaccinated, you can choose:

## OPTION 2 – ISOLATE FOR 10 DAYS

1.



2.



3.



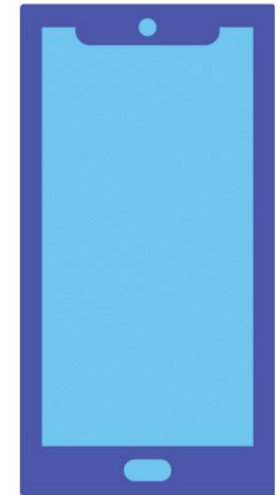
1. We will help you try to stick to your room or keep your distance from others while you're waiting for your 10 days to be up
2. We will remind you to wear a commercial mask if you need to leave your room
3. We will check your temperature and ask you if you have any symptoms every day

While you're waiting for the 10 days isolation to be up, you can still get outdoor visits or go for outdoor walks

We will help you to know when your 10 days are up, and you can go back to your regular activities

## Keep in Touch!

All those that were with you for your celebration need to stay in touch and let each other know if anyone develops any COVID-19 symptoms **within 10 days of the gathering.** Let Christian Horizons **know right away!**



**Remember to get  
creative!**

If you can't get together  
in person...

Host a virtual dinner

Play games online with  
friends and family

Start a holiday  
decorating challenge  
with family and friends





We hope that you and your loved ones stay safe and have fun as you celebrate this holiday season.

Best wishes from Christian Horizons!