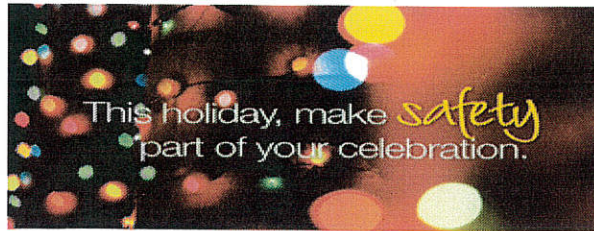


## A Message from Red Cliff Health Providers –



We are currently experiencing a high level of COVID19 in our area. Hospitals regionally and statewide are facing shortages of personnel and/or beds as a result of the surge in COVID19 patients. We are asking everyone to take measures needed to stop the spread of the virus.

**Holidays are approaching, but please consider doing things differently this year!**

### Holiday Meals

Share food, not the virus!

Sharing food is safe if masks are worn for cooking, with gloves and good hand washing! However, because the virus is droplet spread, and airborne, we must limit our indoor celebration to those who live under one roof, in one household. This is the year for a virtual celebration with everyone else who would otherwise gather in person.

Small outdoor gatherings, with 10 or less people, can be safe if social distancing is practiced, with seats 6 feet or more apart, with masks—enjoy a visit around a fire in your back yard or at the beach!

Protect your frail loved ones by visiting them through a window, or with a virtual visit! Sing them songs! Send them love through cards and letters!! Put on a play outside their door! Call them 5 times a day!

### Teenagers

Things to avoid sharing: rides, bedrooms, drinks, makeup, indoor parties.

Things you can share: music, walks, bike rides, outside sports which are low contact.

Bundle up and hang out outside!

### Holiday Travel/Shopping

Since we have such a high rate of disease in our region, unnecessary travel is not recommended at this time. If travel is necessary, self-quarantine for 14 days is still recommended on return. Travel by car is still safest.

Please do the shopping for your at-risk family or friends! One person in the store, not the whole family, mask, plan ahead, and shop only when necessary, not just to see what is on sale!

**If we are careful and creative this year, we can enjoy holiday traditions more than ever next year!**