

# *Healthy Holiday Safety*



FAMILY MEDICINE HEALTH CENTER

*Hello from all of us at Family Medicine Health Center.*

We'll soon be celebrating Thanksgiving in a holiday season unlike any that we've experienced. [COVID-19 continues to spread](#). The CDC shows that more than 11 million people in the U.S. have been infected, with more than 1 million infections occurring in just one week in mid-November.

That really concerns us, and our priority is keeping you and your family healthy. Consider the risks when thinking about how you'll spend time with friends and family during the holiday. Even a small gathering can carry some big risks. We recommend keeping in-person celebrations to only those people in your household and celebrating virtually with other family and friends.

We know these decisions are difficult. If you decide to celebrate in person with people outside of your household, please take necessary precautions to try to mitigate some of the risk. To help you with planning, the [CDC offers suggestions](#) for Thanksgiving celebrations, including advising against travel. Also, remember that it's not too late to [get your flu shot](#) and we encourage you to do so with us if you haven't already.

This year's holiday season will be different. By working together, we can help slow or stop the spread of COVID-19 in our community.

From our family to yours,

*Happy and Healthy Holidays*