



**DEPARTMENT OF HEALTH**

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**TO: All Media Sources**  
**FROM: Allegany County Department of Health**  
**RE: Holiday Safety Tips: Recipe for a Happy and Healthy Holiday**  
**DATE: November 23, 2021**

**News Release:**

The Allegany County Department of Health (ACDOH) is asking County residents to help us slow the spread of COVID-19 during the Holiday season. The Holidays are filled with large gatherings of family, friends, and people traveling long distances to celebrate together, big crowds of shoppers, and indoor Holiday events.

The ACDOH is asking County residents to help everyone have a happy and healthy Holiday and help us transition after this Holiday without COVID-19 spikes and family clusters. Here are some steps to take this holiday season:

**GET VACCINATED:** Children and adults ages 5 and up should get a COVID-19 vaccine. Everyone age 18 or older is eligible to receive a booster shot! Consider getting your booster shot prior to the Holiday celebrations if you have already completed your original series. To find a vaccine clinic go to [www.alleganyco.com](http://www.alleganyco.com), call a local pharmacy, or call your health care provider.

**WEAR A MASK:** Wear a cloth or surgical facemask over your mouth and nose when grocery shopping, when in public indoor settings, or when serving food.

**WASH YOUR HANDS:** Before eating or serving food; Keep hand sanitizer in your car for use after being in public. Wash your hands with warm water and soap for at least 20 seconds before rinsing. Use a paper towel to open the restroom door when leaving.

**COMMUNICATE:** In advance with guests about your COVID-19 ground rules and the precautions you are taking. Cancel plans if you are sick, and **STAY HOME**.

**TEST:** If you are feeling ill or just want to know your status, seek testing before the Holidays and if possible, the morning of Thanksgiving. ***STAY HOME if you are ill or test positive.*** **Free Drive-up COVID-19 Rapid Testing**, Wednesday, November 24, 2021, Go to <https://tinyurl.com/20211124TEST> to register.

**SMALLER GATHERINGS:** Consider having holiday meals with only the people who live in your household. Have a virtual holiday meal with family and friends. Shop online to avoid crowded holiday shopping.

**GET VACCINATED:** Vaccination is the best way to protect children from COVID-19, and the Centers for Disease Control and Prevention (CDC) recommends that children and adolescents age 5 and older get a COVID-19 vaccine. The COVID-19 vaccine is safe and effective for children. More than 11 million adolescents ages 12-17 have already received the COVID-19 vaccine, and children ages 5-11 are also eligible to get vaccinated. Let's keep our children healthy and in school.

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