

Resources for safe practices during the holidays

1. [Baltimore Sun's How to talk to friends and family about attending holiday gatherings during coronavirus](#) (Oct 21, 2020)
 - Highlights:
 - "Think about your own comfort level attending the holidays and whether there are certain limitations or safety expectations that you would like in place."
 - If you're nervous about talking to your family, work through it with your spouse, close friend or roommate first.
 - Set boundaries, but validate the feelings of your family and friends
 - Problem-solve and think of creative alternative solutions to being together
 - Talk about quarantine and tests
 - Remind your family that things can change based on things like community spread
 - Be polite when asking others to wear face coverings
2. [CDC's Holiday Celebrations Guidance](#) (Updated Oct 19, 2020)
 - Highlights:
 - Outdoor activities are safer than indoor activities. If participating in an outdoor event is not possible, and you choose to attend an indoor event, avoid crowded, poorly ventilated, and fully enclosed indoor spaces. Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather.
 - Check with the event host, organizer, or event venue for updated information about any COVID-19 safety guidelines and if they [have steps in place](#) to prevent the spread of the virus.
 - Bring supplies to help you and others stay healthy. For example, bring extra [masks](#) (do not share or swap with others), hand sanitizer that contains at least 60% alcohol, and tissues.
 - If you are planning to attend in-person holiday gatherings with people outside of your household, consider strictly avoiding contact with people outside of your household for 14 days before the gathering.
3. [Coronavirus Disease 2019 \(COVID-19\) Frequently Asked Questions](#) including Maryland Travel Guidance (updated October 29, 2020)
 - Highlights:
 - Should I cancel plans to travel?
 - MDH issued a public health advisory for out-of-state travel. Under the advisory, Marylanders are strongly advised against traveling to states with positivity rates of 10% or higher. Anyone traveling from these states should get tested and self-quarantine while awaiting results. The public health advisory applies to personal, family, or business travel of any kind. Marylanders are advised to postpone

or cancel travel to these areas until their positivity rates decline. Read the [Travel Advisory](#). At this time, the CDC warns that travel increases your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others from COVID-19. The CDC warns: You can get COVID-19 during your travels. You may feel well and not have any symptoms, but you can still spread COVID-19 to others. You and your travel companions (including children) may spread COVID-19 to other people including your family, friends, and community for 14 days after you were exposed to the virus. Don't travel if you are sick or if you have been around someone with COVID-19 in the past 14 days. Don't travel with someone who is sick.

If you must travel: ● Avoid contact with sick people. ● Wear a cloth face covering in public. ● Avoid touching your eyes, nose, or mouth. ● Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. ● It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose. ● Avoid close contact with others. ● Avoid traveling if you are sick. People who are at increased risk for serious illness are also advised to avoid nonessential air travel.

CDC recommends travelers defer all cruise ship travel worldwide. Visit the CDC travel advisory site to check on current travel warnings if you are planning a trip abroad: [Travel](#).

4. Resources for locations of where to get tested

- [Baltimore City Testing Resources](#)
- [Baltimore County Testing Resources](#)

5. Resources on reputable skin care tips

- Highlights from the [American Academy of Dermatology Association's 9 ways to prevent face mask skin problems](#)
 - Cleanse and moisturize your face daily
 - Protect your lips by applying petroleum jelly
 - Skip the makeup when wearing a mask
 - Avoid trying new skin care products that can irritate your skin
 - Use less of certain skincare products if your face becomes irritated
 - Take a 15-minute mask break every 4 hours
 - Wash your cloth masks
 - When wearing a cloth mask, use cotton masks which are more gentle to the skin

- ❖ Wash your face before and after putting on mask
 - Use a cleanser that has glycolic acid (preventative care and or treatment for acne) <https://www.verywellhealth.com/glycolic-acid-15774>
 - Do a facial scrub at least once a week (you can make a DIY with brown sugar, honey or agave, lime, and olive oil) <https://www.eccotique.com/blogs/news/why-is-exfoliation-so-important-for-your-skin>
 - ❖ Apply moisturizer day and night.
 - Moisturizer that is not a pore filler. <https://www.garnierusa.com/tips-how-tos/what-are-the-benefits-of-a-non-comedogenic-skin-moisturizer>
 - Opt for hyaluronic acid which naturally pulls water from you to hydrate your skin. https://www.healthline.com/nutrition/hyaluronic-acid-benefits#TOC_TITLE_HDR_2
 - Use a toner like rosewater to protect the skin from absorbing toxins. <https://food.ndtv.com/beauty/10-benefits-of-rose-water-you-need-to-know-1239785>
 - Use serums at night to rejuvenate the skin. <https://www.healthline.com/health/benefits-of-face-serum>
6. [Johns Hopkins Coronavirus Face Masks & Protection FAQs](#) (Updated Oct 16, 2020)
- Highlights:
 - Do surgical masks protect against the coronavirus?
 - Although they are not close fitting, blue disposable masks are fluid resistant and provide some protection from larger respiratory droplets from coughs and sneezes. Primarily, they help prevent the wearer from spreading infectious droplets to others. Like N95 respirators, these masks are used by health care workers whose safety depends on an adequate supply.
 - How effective are neck gaiters and bandanas in stopping the spread of the coronavirus? Are masks with valves OK?
 - A bandanna tied around the face does not work as well as a mask because it is open at the bottom. A gaiter (a tube of thin, stretchy knit fabric that can be worn around the neck and pulled up to cover the nose and mouth) is usually too thin to provide adequate protection. Likewise, masks with exhalation valves can allow your droplets to escape into the air.
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7. Visual representation of how community spread works
- [A room, a bar and a classroom: how the coronavirus is spread through the air](#)
8. Tips from HCH staff:

- Set an alarm or post a sticky note above the doorknob of your door to remind you to bring a mask before leaving the house for any reason
- Keep extra hand sanitizer on you, ie; in your purse, car, desk, etc.
- Keep your masks at eyeview before leaving your home. For example, hang it up with your jacket or bags (after it is washed if it is clothed) the day prior.
- For the kiddies while traveling during the holidays, get creative and let them design their masks to help them stay motivated in wearing them.
- Keep two face shields and switch throughout the day
- Treat yourself or a loved one to a really cool mask as a holiday gift

9. Things we are testing

- Anti-fog spray
- Different face shield types