

COVID-19 Safety Guidelines

Holiday Gathering & Travel



Be Safe



Gatherings between households is currently banned by most Bay Area counties. Know and follow the mandates of the public health authorities.

If you must gather in person, keep it **Safe, Small, Short, and Stable.**

SAFE: Consistently adhere to strong masking, social distancing, and hand hygiene practices.

SMALL: Limit gatherings to no more than 3 households.

SHORT: Limit gatherings to no more than 2 hours in a well-ventilated room or outdoors.

STABLE: Do not participate in multiple gatherings with many different households.

Travel increases risk of infection.



Be Smart

- **Air Travel** –Close proximity to others in security lines, airport terminals and in flight increases your risk of exposure. ([CDC AIR TRAVEL RECOMMENDATIONS](#))
- **Car Travel** –Only ride with people from your household. If you must share a vehicle, try to ride with the same people each time, and make sure everyone wears a face covering. If possible, keep windows open.
- **Avoid Nonessential Travel.** In the event you must travel, continue to follow COVID-19 safety protocols during your trip & at your destination. Please note that employees that reside 150+ miles from their workplace are required to test a least once per week during any week working in a Stanford Medicine facility.
- **When you return,** it is important to monitor yourself for symptoms– no matter how mild—for 14 days. **Testing is required 5-7 days following your return home.** Isolate and work remotely, if your position allows. If not, then rigorously practicing hand hygiene, social distancing & self-monitoring for symptoms is critical.

Be Kind



Be a Role Model with your Safe Behavior

- Your safety precautions are a sign of kindness, courtesy, and protection. It is not rude or disruptive to gently suggest safer alternatives to traditional practices.
- Speak up for everyone's safety and set the standard for your holidays; have a plan for masking and social distancing.
- Being kind and protective of your loved ones might look very different than the traditions you've maintained in the past (use FaceTime, play family games on Zoom, mail a care package).



Be **SAFE** from coronavirus infection
Be **SMART** & inform yourself about it
Be **KIND** & support one another

