

Holiday Safety Tips for Hillcrest Staff

November 12, 2020

We thank you all for your continued devotion to health and safety, for you and your families as well as for your residents and co-workers. As we enter the **holiday season** and think of spending time with family and friends, let us remember that **we are still in the midst of a global pandemic**, and that COVID-19 is expected to surge during the fall and winter months.

The safest way to avoid getting sick is to celebrate the holidays at home, with only the people who live in your home. If you thoughtfully decide to spend time with other family members or friends, please consider these tips:

- **Separate your gathering into smaller groups, dining outdoors.**
- **Gather for an activity without eating, to allow for masks to remain on, covering mouth and nose. Avoid serving or consuming alcohol, to keep clear judgment.**
- **If eating, space dining tables a minimum of six feet apart.**
- **Have surgical masks on hand for guests (Hillcrest can provide you with extra masks upon request).**
- **Have guests use hand sanitizer when they enter the home (Hillcrest can provide you with hand sanitizer upon request).**
- **Place paper towels at all sinks; do not re-use cloth hand towels.**
- **Pre-plate the meals; provide pre-packaged plastic silverware rolled in a napkin to avoid multiple people touching anything.**
- **Limit touching items such as condiments. Provide individual packets of salt, pepper, sugar, salad dressing, etc.**
- **Use a touchless garbage can (either open-top or step-on).**
- **Establish a set beginning and ending time for the event, and reduce the number invited to the absolute minimum. Keep the time very short, to avoid multiple guests going to the restroom.**
- **Continually disinfect all touch points, such as light switches, sink handles, toilet flush handles, drawer pulls, cabinet pulls, and refrigerator door.**

Clearly, it is much easier, safer, and worry-free to not have gatherings this year. Please stay safe.



Jerry Stanley, Agency Director
Hillcrest Home Health of the Triangle