

Resources

NJ Mental Health Cares
1-877-294-4357

**Camden County
Mental Health & Addictions**
856-374-6361

Meals on Wheels
856-374-6325

**Assistance with Housing
and Utilities - 211**

**Camden County Senior
Services At-Risk Hotline**
856-858-3220

NJ COVID-19 Hotline:
1-800-222-1222

**Camden County Department
of Health and Human Services**
1-800-999-9045
COVID-19 Hotline

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Making It Better, Together.



**COVID-19
Holiday Safety**

As you prepare for November and December holidays, here are some holiday planning safety tips from Camden County Department of Health & Human Services to help protect you, your family and friends, and your community from COVID-19.

Considerations If you or your family need to Travel

If traveling this holiday season, consider the mode of transportation (plane, car, bus, train), the dates you will be traveling, and your risk to COVID-19 exposure while traveling. Carry a small personal sanitizing kit that contains hand sanitizer, disinfecting wipes, and extra masks. Be aware of the risk level of your destination. Check: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html> daily to determine if you should travel. Driving your own vehicle will reduce your exposure to COVID-19.

Overnight Guests

Consider the health of those in your home and those visiting, including older adults and individuals with medical conditions that put them at higher risk of severe illness. Identify a room where an individual can isolate should they develop symptoms or test positive while visiting.

Holiday Shopping

Consider alternative ways to purchase gifts other than visiting stores in person, where possible. If you are planning a holiday shopping trip, look up the amount of COVID-19 activity in your community on our website, www.camdencounty.com.

- **Lower Risk** - Consider shopping online. Many retailers have options for online shopping and in-person, contactless curbside or drive-up pick-up. If using in person contactless pick-up, you and the retail personnel should wear masks.
- **Medium Risk** - If you choose to shop in-person, wear your mask and maintain 6 feet of distance between you and others. Try to shop at off-peak times when there are fewer shoppers.
- **Higher Risk** - High-risk activities include in-person sale promotions or holiday activities that encourage large crowds and lining up for limited supply deals, which make social distancing a challenge.

Holiday Activities

Santa Claus visits should include mask and social distancing to the extent possible. When wearing Halloween costumes that include a mask, children and adults still need to wear a mask. Costume masks are not an acceptable substitute but can be supplemented with a cloth or disposable mask. Children under two should not wear a cloth mask. Holiday caroling Consider virtual caroling or reciting as an option. The safest option for in-person caroling or reading is one which is limited to members of If caroling in person, remain outdoors while caroling and face away from other singers. If caroling with people from other households, be sure to wear a mask. Caroling and reciting is safest in small groups. Avoid in-person caroling or reciting if you have underlying health conditions.

Holiday Meals

For many, the holidays include having family and friends together to share a meal. The following are tips to help with safer meal preparation and serving.

General considerations

- Limit the number of people for which social distancing is possible before, during, and after the meal.
- To the extent reasonably possible, consider taking advantage of outdoor gatherings as weather permits.
- Small indoor social gatherings should maintain 6 feet of distance, before, during, and after the meal.
- Consider single-use disposable utensils and dishware for serving and eating meals.
- Encourage guests to wear a mask except to eat and to drink. Have an extra supply of masks, disinfectant wipes, hand sanitizers that contain at least 60% alcohol, and tissues on hand.
- Wash and disinfect guest areas before and after holiday gatherings.

Meal Serving and Dining

In general, it is important to follow basic steps to help prevent foodborne illness – Clean, Separate, Cook, and Chill. For more information go to: <https://www.cdc.gov/foodsafety/keep-food-safe.html>

- Encourage guests to bring food and drinks for themselves and for members of their own household only.
- Wear a mask while preparing or serving food to others who don't live in your household.
- Use single-use options or identify one person to serve sharable items, like salad dressings, food containers, plates and utensils, and condiments.
- Avoid any self-serve food or drink options, such as buffets or buffet-style potlucks, salad bars, and condiment or drink stations.
- For seating arrangements during meals, place households together, and maintain the 6 feet of distance between each household.

Additional Considerations

- A more virtual celebration will allow close friends and relatives to celebrate with you.
- In-person events and activities should be held outdoors when possible, and participants should wear a mask and maintain 6 feet of distance. Smaller gatherings held outdoors where social distancing of 6 feet or more can be maintained will have less risk of COVID-19 transmission.
- When extinguishing candles used to celebrate a holiday, do so after everyone has left the room to reduce the risk of COVID-19 transmission.
- Delivering holiday foods, dessert, or gifts at the door of extended family, elders, friends, or neighbors is another warm and safer way to celebrate a season of giving.

Make this year's Holiday Season Safe!

Get a flu shot to protect you and your family against the flu. Go to www.camdencounty.com for a list of our drive-thru flu clinics. To find a location for COVID-19 testing, go to www.nj.gov/health.