

# CELEBRATE SAFELY

## This Holiday Season



The holidays are a time to give thanks, connect with loved ones and take care of ourselves and others.

This year, it is important that we all take time to celebrate the holidays and connect with others while being safe and following public health guidance to prevent the spread of COVID-19.

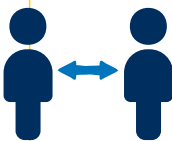


### LIMIT HOLIDAY GATHERINGS TO THOSE WITHIN YOUR HOUSEHOLD

Social distancing continues to be a key strategy to prevent the spread of COVID-19. It is safest to gather with only those within your household. If you do choose to get together, limit the size of your groups and ensure people wear masks and maintain a distance of at least six feet. And gather outside, if possible. Also, take precautions and follow public health guidelines if you have children returning home from college.



**CONNECT SAFELY WITH FRIENDS AND FAMILY** Under normal circumstances, the holiday season can bring on feelings of loneliness. That is especially true this year. Take time to connect safely with others using technology or by social distancing outside and with face coverings.



**CELEBRATE SAFELY AT WORK** If you're working in-person, remain vigilant about following public health guidelines. You can still celebrate with coworkers, but do so responsibly. In-person gatherings including potlucks should not take place this year.



**RETURN TO WORK SAFELY** Do not come to work if you are sick, showing symptoms of COVID-19, have been in close contact with someone who has tested positive for COVID-19, or yourself have tested positive for COVID-19. Call the Occupational Health Services (OHS) Hotline at 734-764-8021, select option 1. Phone lines are available 7 days a week from 7 AM - 5 PM for employees who are sick and/or have questions related to COVID-19.

### RESOURCES

[Exposure, Testing, and Contact Tracing Guidance for Employees](#)

[Occupational Health Services](#)

[MHealthy Holiday Stop and Swap alcohol management program](#)

[FASCCO and the Office of Counseling Workplace Resilience](#)

[U-M Campus Maize and Blueprint](#)

[Well-being Resources](#)



**HUMAN RESOURCES**  
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