

# Pike County Health Department

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HomeCare



Across Illinois

## PCHD News Release Holiday Season Safety Guidance Released by CDC

FOR IMMEDIATE RELEASE  
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**Pike County, IL** – The holiday season is rapidly approaching, so the Centers for Disease Control and Prevention (CDC) has released guidance to help keep family, friends, and your community safe.

**Vaccination** continues to be the leading public health strategy to end the COVID-19 pandemic. People who are fully vaccinated are at a lower risk of symptomatic or severe infection.

**Testing** is another way to protect those you love. Testing to see if you are positive for COVID-19 and staying home if you are, is one way to prevent transmission, especially to family and friends who are older and/or have pre-existing conditions that put them at high risk for severe disease.

### Holiday Shopping:

- Consider shopping online and having items delivered to your home.
- Avoid crowded shopping times
- Wear a well-fitting mask and maintain physical distance
- Wash your hands with soap and water or use an alcohol-based hand sanitizer regularly.
- Do not shop in person if you are sick, have symptoms of COVID-19, or have been exposed to someone with COVID-19 in the last 14 days, or are awaiting results from a COVID-19 test.

For more on travel considerations, guests and gatherings, and additional celebration considerations go to: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/celebrations.html>.

PCHD will also offer COVID-19 vaccinations, including booster shots, on November 4<sup>th</sup>, 5<sup>th</sup>, 18<sup>th</sup>, and 19<sup>th</sup> from 1:30 to 4:30 pm at the health department. PCHD may add additional dates and times for vaccinations based upon demand for the vaccine. Please go to [www.pikecountyil.org](http://www.pikecountyil.org) for more information.

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