

Guidelines for Social Gatherings and Holiday Celebrations at Duke Health

At Duke Health, we know that in normal times we often come together as teams to celebrate the holiday season and our collective successes of the past year. This year will feel different for sure, but we again want to prioritize safety of our team members so that you all may remain healthy and able to enjoy spending time with immediate family members during this time. As such, please note these following guidelines:

- **Duke Health does not endorse any work-sponsored holiday or social gatherings including but not limited to holiday parties and costume parades**
- **Potlucks are not allowed**
 - Please see this [document](#) for additional tips on safely sharing meals while at work.
 - If purchasing food items for team members, food should be individually packaged for team members to take with them and must be consumed in a designated eating area

Tips for Safety Outside of Work

- **Travel**
 - Traveling increases your risk of being exposed to COVID, as you mix with individuals outside of your immediate family during your travel and at your final destination
 - Car travel may be less risk for exposure than air travel, since you will have more control over those around you and your immediate environment.
 - Wear personal protective equipment (e.g., facemask, eye protection during travel).
 - Establish expectations for social distancing and mask wearing with those who will be at your final destination ahead of your travel – it is easier to have conversations and establish common understanding prior to the visit then try to change behavior during the visit.
- **Religious gatherings**
 - Many outbreaks of COVID have been linked to religious gatherings.
 - Understand safety protocols in place at your place of worship.
- **Social distancing with those outside immediate family (including extended family)**
 - Community encounters with individuals outside of your immediate family are opportunities for COVID transmission.
 - Establish mutual expectations for masking and social distancing ahead of community gatherings.
- **Masking**
 - Wear your mask while in indoor spaces and outdoors when social distancing cannot be maintained – link to document about how to safely wear and take care of your mask
- **Hand hygiene**
 - Wash hands frequently with soap and water or alcohol sanitizer, including before/after eating. Avoid touching face, eyes, nose, and mouth with unclean hands, as these are opportunities for transmission.

Other Resources

- CDC Tips for Holiday Celebrations: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>