

# PREPARE STL

HELPING ST. LOUISANS  
OF **COLOR** PREPARE  
AND **PREVAIL**.



## 'TIS THE SEASON TO RING IN YOUR HOLIDAYS SAFELY!

### JOY IS YOURS!

**HOLIDAYS ARE A SPECIAL TIME TO COME TOGETHER WITH FAMILY, FRIENDS AND COMMUNITY.**

Keep it special by keeping it safe. **WHILE COVID-19** may change the **WAY** we celebrate, **IT DOESN'T CHANGE** the love and glad tidings we have for one another.

### PROTECT YOURSELF! PROTECT YOUR FAMILY!

- **Wear a Mask**
- **Wash Your Hands**
- **Watch Your Distance** (at least 6 feet apart)

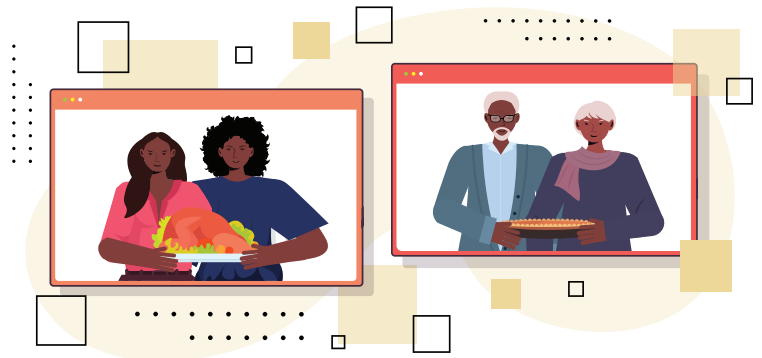


### WHAT YOU NEED TO KNOW:

- **HEALTH AND SAFETY RULES AND LAWS ARE STILL IN EFFECT.** This means your holiday gatherings must comply and adjust. A gathering is a planned or spontaneous event, indoors or outdoors. Visit [PREPARESTL.COM](https://www.preparestl.com) for the latest rules and laws in St. Louis City and County.
- **THE MORE PEOPLE YOU INTERACT WITH AT A GATHERING** and the longer that interaction lasts, **THE HIGHER THE POTENTIAL RISK** is of your becoming infected with COVID-19 and then spreading it to others.
- **THE HIGHER THE LEVEL OF COMMUNITY TRANSMISSION** in the area where your gathering is held, the **HIGHER THE RISK** of COVID-19 spreading.

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## QUESTIONS TO ASK BEFORE HOSTING A HOLIDAY GATHERING:



- **WHAT ARE CURRENT COVID-19** levels in my community?
- **HOW MANY ATTENDEES** do I expect to attend?
- **AM I PLANNING** a high-risk activity?
- **AM I ABLE TO FOLLOW** the health and safety rules and laws that inform my community?
- **DO I HAVE WHAT I NEED TO** promote healthy behaviors, environments, and activities that reduce the spread of COVID-19?

## WHAT YOU CAN DO OVER THE HOLIDAYS:

- **LIMIT THE NUMBER** of guests to your gathering.
- **AVOID ATTENDING LARGE** gatherings or events held by others.
- **POSTPONE,** redesign or cancel your event.
- **DECORATE** anyway.
- Instead of gathering in person, **CELEBRATE VIRTUALLY!** Bring your computer or screen into the room to welcome family and friends and to enjoy a meal.
- **LIVEN IT UP!** Break out the online games. Enjoy Bingo or upgrade your Charades game with "Heads Up!"



Visit **PREPARESTL.COM**  
for more ideas and resources.

## HOLIDAYS HAVE YOU DOWN?

**DON'T BE AFRAID  
TO SEEK HELP!**



**CALL BEHAVIORAL HEALTH RESOURCES**  
AT **2-1-1** (OR 1-800-427-4626), THEN  
PRESS 1 OR VISIT **211HELPS.ORG**

## NEED TO GET TESTED?

### FOR TESTING LOCATIONS

IN ST. LOUIS CITY  
CALL **314-657-1499**

IN ST. LOUIS COUNTY  
CALL **314-615-2660**

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