

# City of St. Louis COVID-19 Holiday Health and Safety Tips



Spend time with your immediate household family members. Limit the number to **10 people or less**. Virtually visit extended family.



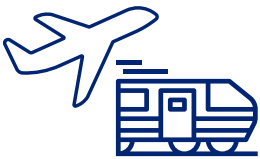
**Avoid crowded gatherings**, stores with holiday sales ( e.g., Black Friday), and other large gatherings with people from outside of your household.



Regularly **wash your hands** with soap/water, and disinfect surfaces in your home and work.



Avoid greeting anyone with **intimate physical contact** (hugs, kisses, etc.).



Travel may increase your risk of COVID-19 exposure. If possible do not travel. If you must travel, **choose less-crowded** dates to lower your risk of COVID-19 exposure.



Let your children know **you are there if they need to talk**. Help them understand why this year needs to be different than previous ones.



Remember to **always wear a facial covering**. It's required in the City of St. Louis for anyone age 9 and older.



For More Information:  
[stlouis-mo.gov/covid-19](https://stlouis-mo.gov/covid-19)