



ALAMEDA COUNTY COVID-19 HEALTH EMERGENCY PRESS RELEASE

COUNTY OF ALAMEDA ★ CALIFORNIA

Office of Emergency Services
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Alameda County Health Care Services Agency

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Health Officials from Ten Bay Area Counties Issue Recommendations for Safer Holidays and Travel *Public urged to protect yourself and others from COVID-19*

ALAMEDA COUNTY, CA – Health Officers from the Counties of Alameda, Contra Costa, Marin, Monterey, Napa, San Mateo, San Francisco, Santa Clara, Santa Cruz, and Sonoma, and the City of Berkeley today issued joint recommendations for staying safe during the holidays. The recommendations cover gatherings and travel, with recommended steps to reduce risk.

"The risk of spreading COVID-19 goes up when we gather with people we don't live with and that means the holidays will be different for all of us this year," said Dr. Nicholas Moss, Alameda County Interim Health Officer. "Alameda County residents can help ensure the holiday season doesn't lead to a wave of new cases by celebrating safely and taking the right steps to protect themselves and loved ones from this highly contagious virus."

The joint recommendations advise the public that if you gather in person, keep it small, short, stable, and outdoors. Also, nonessential travel, including holiday travel, is not recommended. Travel outside the Bay Area will increase your chance of getting infected and spreading the virus to others after your return. For those who are traveling, there are tips to help avoid catching COVID-19 or spreading it to fellow travelers. If you travel outside the Bay Area, it is strongly recommended that you self-quarantine for 14 days after your return if your activities while travelling put you at higher risk of getting COVID-19.

Find Alameda County's local Health Officer Orders on gatherings at <https://covid-19.acgov.org/sip>

CELEBRATE WITHOUT GATHERING

The safest way to celebrate this holiday season is virtually or with members of your household. Gathering with people outside your household – even extended family – increases the risk of getting and spreading COVID-19. There are many ways to enjoy the holidays with loved ones without gathering:

- Enjoy holiday traditions at home with your household
- Decorate your home and/or yard
- Share a virtual meal with family and friends
- Host online parties and/or contests
- Prepare meals using traditional recipes and deliver to family and neighbors
- Attend holiday movie nights at drive-in venues
- Visit holiday-themed outdoor art installations
- Participate in drive-by events where everyone stays in their vehicles

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