

## Have a Safe Holiday Season



In the last few weeks, we've seen Covid-19 cases evolve quickly in many parts of the U.S. – and a number of experts predict that this holiday season will be some of the most challenging and intense weeks we've seen since the pandemic began.

The holiday peaks of COVID-19 combined with flu season will further stress health care systems and may prompt new restrictions, such as those already seen in many states across the country that continue to report soaring numbers of new cases, hospitalizations, and deaths.

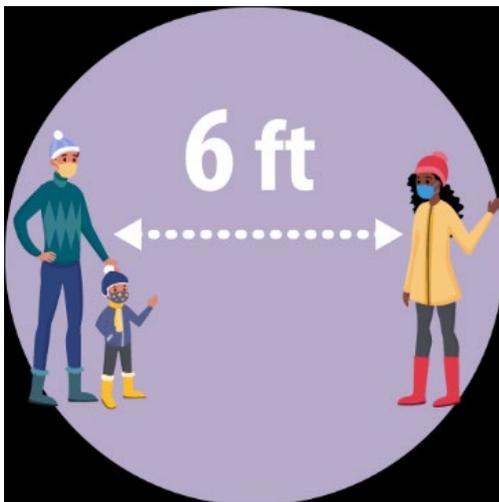
As cases continue to climb in the United States, experts are warning against large gatherings and saying even small gatherings for Thanksgiving and Christmas are risky. Masks are recommended at all gatherings as much as possible. Community spread is a problem right now because people are spreading the virus before they realize they are infected.

The Covid-19 pandemic has been stressful and isolating for many people. We know that gathering during the holidays is an opportunity to reconnect with family and friends. This holiday season consider how your holiday plans can be modified to reduce the spread of Covid-19 to keep your friends, families, and communities healthy and safe while still connecting with your loved ones.



Here are some CDC tips for safer gatherings:

- Limit the number of guests.
- Have conversations with guests ahead of time to set expectations for celebrating together.
- If sharing food, have one person serve food and use single-use options, like salad dressing and condiment packets, and disposable items like food containers, plates, and utensils.
- Avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen.
- Clean and disinfect frequently touched surfaces and items between use.
- Have a small outdoor meal with family and friends who live in your community.
- If celebrating indoors, bring in fresh air by opening windows and doors, if possible. You can use a window fan in one of the open windows to blow air out of one window and pull fresh air in through the other open windows.
- Wear a mask and safely store your mask while eating and drinking.
- People age 2 and older should wear masks in public settings and when around people who do not live in their household. Masks offer some protection to you and are also meant to protect those around you, in case you have Covid-19, but do not know it.
- A mask is NOT a substitute for social distancing and should still be worn in addition to staying at least 6 feet apart from others. However, masks may not be necessary when you are outside by yourself away from others, or with other people who live in your household.
- Lastly, remember to wash your hands often. Use soap and water for 20 seconds, especially after you have been around people, or use hand sanitizer if soap and water are not available.



Questions may be emailed to [staysafe@bhienergy.com](mailto:staysafe@bhienergy.com). Please check with your Site Management for information specific to your site.

Additional resources can be found at [www.bhienergy.com/team-resources/coronavirus-info/](http://www.bhienergy.com/team-resources/coronavirus-info/).

Consult the Center for Disease Control and Prevention website for detailed information on Covid-19. [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).

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**BHI Energy wishes you and your family a safe and happy Thanksgiving  
and a joyful holiday season!**

