

District Health Department No. 4

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Here's what's cooking for a safe holiday season

Health Department offers recipe for safer gatherings, launches Quarantine & Isolation Calculator

What's on the menu for your holiday season? District Health Department No. 4 would like to share a recipe to help you and your family enjoy the holiday safely and prevent the spread of COVID-19. The recipe for a safe Thanksgiving can be found [here](#).

“As NE Michigan cases surge, we are also encouraging everyone 5 and older to get vaccinated as soon as possible so they can share a happy and healthy holiday season with their families and friends,” said Dr. Joshua Meyerson, DHD4 Medical Director.

The ingredients for a safe holiday season with family and friends include:

- Vaccination
- Mask
- Hand Soap
- Hand Sanitizer
- Outdoors
- Communication
- Safe Travels

To cook up a safe holiday, following this recipe:

Get vaccinated. Children and adults age 5 and up should get a COVID-19 vaccine. Some groups of people are eligible for a third shot or booster.

Wear a mask. Wear a cloth or surgical face mask over your mouth and nose when grocery shopping or in other public indoor settings, or when serving food.

Wash your hands before eating or serving food.

Outdoors is safer than indoors—enjoy a picnic or other outdoor activities, weather permitting.

Communicate in advance with guests about your COVID-19 ground rules and the precautions you're taking. Cancel plans if you are sick, and stay away from others.

Safe Travels. If possible, delay travel unless you are fully vaccinated. If you are traveling with unvaccinated family members, such as children who are not yet eligible to be vaccinated, take additional precautions. Avoid crowds, wear a mask, and get tested before and after your trip. In order to assure availability for emergent and urgent care, residents are encouraged to seek an alternative to hospital emergency departments to obtain a COVID-19 test.

NEW- DHD4 has recently launched a Quarantine and Isolation Calculator which allows an individual to select the date that they tested positive, developed symptoms or were identified as a close contact and generates the appropriate release form isolation or quarantine date. The calculator will allow residents to access quarantine and isolation guidelines easily and quickly. It can be found at <https://www.dhd4.org/quarantine-and-isolation-calculators>

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