



Peak Coronavirus exposure and illnesses forecasted during the next 3 weeks

STAY HOME. STAY SAFE. SAVE LIVES!

Many of you are understandably eager to celebrate spring holidays like Easter, Passover, and Ramadan, with your family. ENJOY THE HOLIDAY BUT **DO IT FROM DISTANCE PLEASE!!**

Here are some tips and ideas on how to practice social distancing during the holidays;

How do I decline my family's invitation?

- Don't cancel, just postpone the gathering until your health is not at risk.
- If family is pressuring you to gather you could say:
 - ✓ "No, not right now. Let's wait and celebrate together later."
 - ✓ "It's not that I don't want to see you, it's just that it's not a safe now."
 - ✓ "Instead, let's schedule some time to talk on the phone or by video call!"

It's hard to be away from my family. How can I celebrate?

- It's okay to be sad that you are away from your family.
- Stay connected with loved ones via phone, video calls, or send a note or card.
- If able, participate in a virtual service like Zoom.
- Cook traditional foods at home to enjoy the taste and smell of the holiday.
- Be flexible. Remember, this year is different for everyone.

Thank you for helping to keep our communities safe. We know this is not easy and we are all starting to go a bit stir crazy- just hang in there! Our staff is here to help you during this time. If you need anything, even just to talk, please don't hesitate to reach out. Have a safe and healthy weekend.

Failure to follow safety measures puts people at risk and could result in death, including your own!

THANK YOU!

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