



Panhandle Health District

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Panhandle Health District

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Navigating the Holidays and Special Occasions

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This is a series about COVID-19 preparation and regional updates. Check the Press daily for new information, tips, and ways our health care professionals are working to keep our community safe.

With Easter and other spring holidays coming up, you may be wondering how to celebrate the holidays while maintaining social distance. Maybe you've already had to cancel birthday parties or anniversary celebrations. We thank you for doing so and encourage everyone to continue keeping their distance.

As enticing as it may be to rush out to grandma and grandpa's or to host a large gathering at your home, this is not the time. It is the time to focus on those within your household and how by staying in this holiday, you are keeping all your loved ones safe.

Here are some ideas for navigating the holidays and other special occasions while adhering to the Governor's and Federal stay at home guidance.

- Celebrate virtually. Video chat and paint eggs via a web cam.
- Share a favorite recipe. A big part of holidays or family gatherings is enjoying a meal together. Since that is not advised at this time, why not check in with family or friends to share a recipe you think they would enjoy or vice versa.
- Have a family-only Easter egg hunt in the backyard. Or organize a non-traditional neighborhood Easter egg hunt by decorating and hanging pictures of Easter eggs on your front door or windows. When families walk by, the kids can count how many eggs they spot.
- Host a virtual egg decorating contest.
- Write a letter, draw a picture, or send a card to those you are thinking of.
- Have the kids put on a show. Act out the story of Easter, perform a play, or have them create their own story.
- If you are concerned about missing church, check in your area for an online service.

Although nothing compares to a much-needed embrace from a loved one, by staying apart we can ensure that those embraces are there in the future. According to the Centers for Disease Control and

Prevention (CDC), new research is showing that COVID-19 can be spread by people that are not showing any symptoms. Maintaining good social distance (about 6 feet) is very important in preventing the spread of COVID-19. The best way to prevent illness is to avoid being exposed to this virus.

If anyone in the family is feeling ill, it's best to not let them handle eggs or other foods that will be handled or eaten by others. If you are sick, you should wear a [cloth face covering](#), over your nose and mouth if you must be around other people (even at home). If the sick person can't wear a cloth face covering, you should wear one while in the same room with them. Cloth face coverings are not recommended for those under 2 years of age, anyone who has trouble breathing, or anyone who is unable to take the mask off without assistance.

We've been doing well as a community and our numbers reflect the effectiveness of our social distancing practices. Thank you to everyone for taking this seriously and continuing to keep our community safe.

Panhandle Health District provides over 40 different public health programs to families, individuals and organizations in northern Idaho. From food and drinking water safety to health education and disease control, public health services are critical to ensure our community is a safe and healthy place to live, work and play.

The PHD team is made up of nurses, nutritionists, environmental health specialists, health educators and many other dedicated professionals with a common goal to deliver vital public health services.

Panhandle Health District is one of seven health districts in the state of Idaho.

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