



Have a safe & cozy

DEC

This December, COVID-19 has us spending more time at home than ever before. Hunker down and snuggle up for some ways to make this year memorable... in a good way. And if you need it, we've provided the timelines for COVID-19 isolation and quarantine below.



S	M	T	W	T	F	S
		1 Make hot cocoa from scratch	2 Send a handwritten letter	3 Cut out paper snowflakes	4 Watch a holiday/winter movie	5 Build a fort!
6 Follow a guided meditation	7 Start a journal	8 Call someone you haven't talked to in a while	9 Go for a long walk	10 Chanukah begins	11 Make a batch of baked goods	12 Read a book
13 Take a bath or long shower	14 Try a new recipe	15 Learn a new art skill	16 Play a game you've never played	17 Explore new hobbies	18 Catch up with a friend or loved one	19 Have a dance party!
20 Deep clean a room in your home	21 Winter Solstice	22 Listen to music that helps you feel happy	23 Plan a trip for the future	24 Christmas Eve	25 Christmas Day	26 Kwanzaa begins
27 Try a new workout	28 Play in the snow (if there is any!)	29 Start a new TV series	30 Make a 2021 goals list	31 New Year's Eve		

If you have been exposed to COVID-19: Stay home for 14 days post-exposure. Monitor yourself for symptoms. If you develop symptoms, seek COVID-19 testing.

If you have been diagnosed with COVID-19: Stay home away from everyone for at least 10 days from the day you developed symptoms (if asymptomatic, the day you were tested), longer if you still have a fever or symptoms have not improved. Notify anyone you were within 6 feet of for more than 15 minutes over the course of 24 hours while contagious. You are contagious starting two days before symptoms begin through the 10 day isolation period.