

Give the Gift of Health this Holiday Season

01

STAY AHEAD OF THE CURVE



Monitor emerging health risks like H5N1 and the Oropouche virus.



Follow updates from reliable sources, like **AIHA**, to adjust plans as needed.

02

CREATE AN AIR SAFETY ZONE



Be mindful of the **4 Ds**: Duration, Density, Distance, and Dilution.



Invest in portable air purifiers for indoor spaces.

03

EQUIP YOUR GATHERING WITH A SAFETY KIT



Include hand sanitizers, masks, and disinfectant wipes.



Place hygiene stations in visible areas.

04

SET GROUND RULES WITH CARE



Encourage guests to stay home if they feel unwell.



Offer virtual options for those unable to attend.

05

PRIORITIZE SMALL GATHERINGS AND OPEN SPACES



Keep guest lists manageable to reduce risk.



Host events outdoors or in well-ventilated areas.

Learn more and join our community at Commit to C.A.R.E.

www.commit2care.org