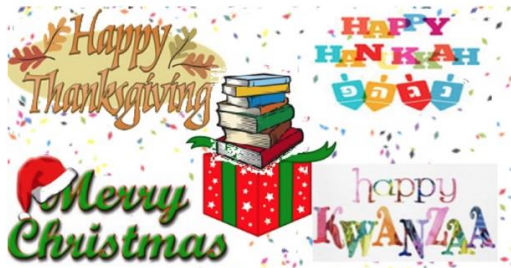

Bremo Pharmacy Wants You to be Safe this Holiday Season!



“Unwrap These Safe Holiday Recommendations Before You Unwrap Your Gifts”

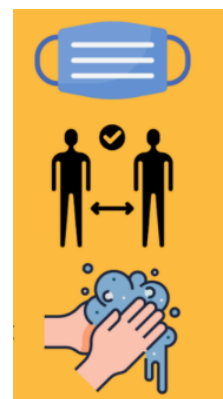
Holidays always tend to bring family, loved ones, and friends together. Many people travel from all over the country or even other parts of the world to see their loved ones during the festive season. For many, it's the only time of the year they get to see their family and friends. Whether it's Thanksgiving Day, Hanukkah, Christmas, Kwanza, or New Years, everyone gets together to celebrate and enjoy each other's company. With the holidays around the corner and COVID-19 spiking again, this holiday season won't be the same. Special precautions and guidelines should be followed to keep yourself and others around you safe and healthy.

These tips will keep you and your loved ones safe this holiday season, as well as slow down the spread of COVID-19:

- Avoid traveling – it increases your chances of contracting and spreading COVID-19
- Avoid having large gatherings
- Consider celebrating with only people you live with
- Consider celebrating virtually with family and friends

Remember To:

- **Avoid contact with others** as much as possible, especially the ones that are sick.
- **Wear a mask** when you are out in public or when you are outside with people that you don't live with
 - Make sure to put the mask over the nose and mouth
- Social distance by **staying 6 feet part** from people that you don't live with
- **Wash your hands properly often**
 - Wet your hands with clean water
 - Apply **soap, scrub, and wash your hands for 20 seconds**
 - That's singing the "Happy Birthday Song" twice from the beginning to the end.
 - Make sure to get the back of the hand and in between fingers
 - **Rinse** your hands under water and **dry them using a clean towel**
 - If you don't have access to soap and water, then you can use hand sanitizer that **contains at least 60% alcohol.**

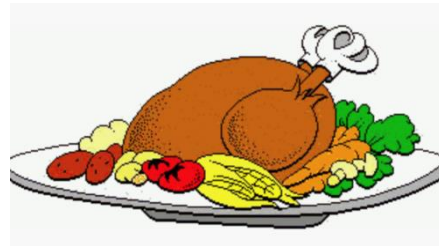


If You Have to Travel This Holiday Season Stay Safe By:

- Wearing a mask in all public settings such as airport, in all of the line, and on the plane or other modes of travel.
- Stay 6 feet apart from other travelers
- Wash your hands often
- Do not travel if you feel sick
- Do not travel if you recently been around someone positive with COVID-19 in the last 14 days

Recommended Guidelines for Dinner Gatherings

- Wear a mask.
- Stay 6 feet apart from the people that you do not live with.
- Wash your hands regularly, for at least 20 seconds with soap.
- Limit the number of people
- Encourage your guests to bring their own food, drinks, plates, cups, and utensils.
- Store masks safely while eating.
- Wear masks while preparing and serving food
- Avoid going in and out of the kitchen.
- Use a single-use option for condiments and food containers.
- Wash and disinfect frequently touched surfaces



Who should not attend gatherings for the holidays?

- Anyone that currently has symptoms of COVID-19.
- Anyone that is waiting for their COVID-19 test results to come back.
- Anyone that is immunocompromised or lives with someone that is immunocompromised.
- Anyone that may have been exposed to someone with COVID-19 in the last 14 days.
- Anyone that has an increased risk of severe illness from COVID-19 or lives with someone that has an increased risk of severe disease from COVID-19.



Always remember to practice social distance when you can, wear a mask, and wash your hands frequently! If you have questions about staying safe you can always ask us!

**The Holiday Gift is Staying Healthy!
Have a safe and healthy holiday!**