



# HOLIDAY HEALTH TIPS FOR RCPS FAMILIES

Thank you so much for helping us keep our schools safe. Here are a few tips to help everyone stay healthy over Thanksgiving break.

Wear a mask when around others.

Wash hands frequently with soap for at least 20 seconds.

Limit the size of your gatherings to decrease your chance of exposure.

Remember, outdoor events pose fewer risks than indoor ones.

Remain 6 ft apart at gatherings.

If you are less than 6 ft apart for a cumulative total of 15 mins. with someone that tests positive for COVID, you are required to quarantine for 14 days.

**Thank you for helping us to keep our students and & staff safe and our school doors open. We wish you all a happy & healthy holiday!**

**\*Source:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>