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**FOR IMMEDIATE RELEASE**  
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## **COVID-19 Update: Staying Safe this Holiday Season**

*State Travel Advisory and Updated Guidance for Celebrations Released*

**Lake County, CA** – While COVID-19 activity in Lake County has remained relatively stable, new cases around the state and the country are rapidly climbing. Cooler weather is pushing people indoors more now, and that increases the risk for transmission of the virus.

Earlier today, State officials issued a Travel Advisory, and updated Guidance for Private Gatherings.

**Travel Advisory:** [https://www.gov.ca.gov/2020/11/13/california-oregon-washington-issue-travel-advisories/?fbclid=IwAR2GyFSwNliXeFtva5E9BNyGOt8Q6IJ7hBui3-K4W97oBQF\\_t9B4YgsORJg](https://www.gov.ca.gov/2020/11/13/california-oregon-washington-issue-travel-advisories/?fbclid=IwAR2GyFSwNliXeFtva5E9BNyGOt8Q6IJ7hBui3-K4W97oBQF_t9B4YgsORJg)

**Guidance for Private Gatherings:** <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-for-the-Prevention-of-COVID-19-Transmission-for-Gatherings-November-2020.aspx>

Holiday travel can be especially risky, since it brings people together from different locations, indoors, to eat and drink with their masks off. Since there are currently record levels of infection at many places around the country, the upcoming Thanksgiving and Christmas holidays carry greater than usual risk.

We encourage people to stay home this Thanksgiving. Traveling out of the area, or having out-of-area family and friends come to visit you, is not a good idea this year. Many people travel to other parts of the state, or out of the country, to see family. Some people travel to other areas for work. We strongly encourage people to think twice before doing so.

If you do end up traveling, precautions should be emphasized:

- Masking while indoors;
- Staying away from others when ill;
- Social Distancing;
- Proper disinfection.

In addition to the State's Advisory, many regional health leaders, including the Association of Bay Area Health Officials (ABAHO), are recommending self-quarantine for 14 days after travel. That means to stay home from work or other out-of-home activities for 14 days after traveling to other areas. Testing during that time would also be a good idea.

<https://socoemergency.org/emergency/novel-coronavirus/holiday-recommendations/>

Remember, simple precautions and avoiding gatherings can slow the spread of COVID-19 and keep local businesses open.

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