



Cautious Celebrations: 8 Simple Tips for the Holidays

The corona virus has had a big impact on our daily lives. Together, we have had to adapt to changing life situations throughout this year and will continue to do so in the coming year.

The holidays are just around the corner. Due to the high number of people infected with or ill from the corona virus, we must be especially careful and protect those around us. Most importantly, we must continue to follow the **AHA+L rules** and use the **Corona-Warn-App**. Some of us will be working over the holidays, but many will have some days off. "Cautious celebrations" is the motto for the next few days. For this, we have compiled these 8 tips. They also apply to the time afterwards - because health is and remains the most precious gift.

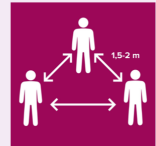


1 Symptoms? Stay home!

When I have a cold or don't feel well, I stay at home. I call my loved ones or chat with them online instead of meeting in person.

2 A safe distance - even with friends!

When I meet with friends and relatives, I am aware that I can also catch the virus from them. I make no exceptions and keep a safe distance.



3 Let's meet - Outside!

When I meet with others, I meet them outdoors. We can also have a conversation through an open window.

4 Indoors? Only within my social bubble!

When we meet indoors, we meet the same people within a set time frame over a couple of days instead of meeting different people every day.



5 Fresh air - who's in charge?

When we meet indoors, we keep our distance and decide who takes care of ventilating the room. I set an alarm clock to remind us to open the windows all the way every 20 minutes for a good 5 minutes.

6 Going the extra mile

If I want to spread joy, I call someone who might be lonely or I organize a virtual meeting.



7 Lonely? Call someone!

When I feel lonely, I phone my relatives, friends or neighbors or meet virtually. Counseling centers are always willing to listen to my worries. (bakp.de/en/offers/support-via-telephone-and-email-consultancy.html)

8 Going shopping? All for one, one for all!

When I go grocery shopping, I shop for others as well, preferably in one store. The best would be if I shop at an outdoor market or order online.



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