

A Season for Safety: Celebrating the Holidays in 2020

Holidays remind us of what matters most—family, friends, and connections. COVID-19 may change how we celebrate the holidays, but it does not change why we celebrate.

As a person who treats with dialysis, has received a kidney transplant, or is a family member of a kidney patient, the decisions you make are especially important this year. Here are some ideas from kidney patients and family members, like you. Talk to your healthcare team about the many ways you can stay safe this holiday season.

Have Fun at Home This Year

- Celebrate the holiday festivities at home with only those who live with you.
- Plan a virtual dinner with your out-of-town family members.
- Share recipes as part of a virtual dinner—include a kidney friendly dish and share why it is kidney friendly.

Get Creative With Your Celebrations

- Set up a virtual holiday dance party for family and friends—take videos to watch again later.
- Plan a theme for the celebrations—make it funny (*like ugly sweaters*) or meaningful (*like remembering Grandma and Grandpa's 50th wedding anniversary*).
- Create a virtual friendly competition among households with categories such as: best dressed, best dance move, best cookie decoration, or best house decorations. Share photos/videos on social media to include all family and friends.
- Write a blog or journal about this year's festivities and how you are feeling.

Find Joy in Your Activities

- Play card or board games with your family, whether in person or virtually.
- Set up a time to watch a special movie simultaneously with family members from separate houses.
- Send pictures or videos of this year's holiday celebrations to family and friends.
- Think about uploading your best memories on social media for all your friends and family to enjoy.

Put Your Health and Safety First

- Always wear a mask that covers your nose and mouth **always** when going to public places.
- Use telemedicine visits for doctor appointments, whenever you can.
- Wash your hands often, even when you are at home.
- Practice social distancing when you must go out—avoid people who are not wearing masks.
- Stay away from crowds and shop online for holiday gifts.

Interested in learning more about staying safe from COVID-19 and flu this holiday season?

Visit www.cdc.gov/coronavirus
www.esrdncc.org/flu
www.kidneyCOVIDinfocenter.com



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