

HARC'S GUIDE TO:

CELEBRATE NEW YEAR'S EVE

SAFELY AT HOME

CELEBRATE VIRTUALLY

Celebrating New Year's Eve from home is the safest way to stop the spread of COVID-19. This may mean hosting a virtual celebration. Below are some tips that may help with your virtual celebration:

- Plan a virtual countdown to midnight with family or friends. Or call them to wish them a happy new year!
- Some virtual events such as the Times Square New Year's Eve ball drop are still happening. Attend a virtual concert or performance with people from your household. You may also create your personalized avatar to visit Times Square for you! Visit [NYE2021.com](https://www.nye2021.com) for details!
- Schedule a time to enjoy dinner or dessert with friends and family. Use this time to reflect on this year and share your resolutions.



We understand that celebrating virtually is not how we envisioned celebrating a new year. However, due to the increase of COVID-19 cases, we strongly encourage you to stay at home.

CELEBRATE WITH PEOPLE YOU LIVE WITH

Celebrating from home does not have to be boring! Plan a couple of activities so you and the people you live with can have some fun and welcome the new year with joy. Below are a couple of examples:

- Play music and have a dance party!
- Dress up! Who said you can't dress up this year? If you usually pick out your favorite outfit for New Year's Eve, keep the tradition going and take some photos from your living room.
- If you prefer to have more of a relaxing day, stay in pajamas and plan to watch holiday movies with the people in your household.
- Have an appetizer cook off. Each person in your household can create their own appetizer to share and crown a winner. Or if the people in your household have a sweeter tooth, you can try a dessert cook off.
- Or avoid cooking and pick up food from your favorite local restaurant!



You may also opt to celebrate alone and take a self care day by reading your favorite book or going on an afternoon hike. Or you may prefer to simply do nothing. Either way, all these options are OK, too!

IF YOU HOST A SMALL CELEBRATION

Staying at home and avoiding contact with others is the safest way to celebrate this year. If you do plan to host a small celebration, there are several steps that you should take to make the celebration safer for everyone:



- Talk with the guests ahead of time to set expectations and rules.
- Limit the number of guests.
- Ask guests to bring their own food, drinks, plates, cups, and utensils. Or have one or two people be the only ones serving everyone. Avoid buffet-style parties or any self-serve food or drink options. This limits the contact with others.
- Have extra unused masks available for your guests and encourage everyone to wear them at all times, unless they're eating or drinking.
- Clean and disinfect frequently touched surfaces and items between use.
- Use a touchless garbage can, if available.
- Have a separate space for guests to wash their hands or provide hand sanitizer.

If you decide to host a celebration, celebrating outdoors is safer than celebrating indoors. If you are celebrating indoors, bring in fresh air by opening windows and doors.

And remember, that it is OK if you change your mind and decide to postpone or cancel your gathering. Do what's best for you and your loved ones.

IF YOU ATTEND A SMALL CELEBRATION

If you plan on attending a small gathering to celebrate the holidays, make sure you take additional steps before attending, such as the following:

- Talk with the host ahead of time to understand expectations for celebrating together.
- Wear a mask indoors and outdoors; Safely take off your mask while eating and drinking.
- Avoid areas such as the kitchen, where food is prepared.



Remember that it is OK if you decide to stay home and remain apart from others too.

STAFF TIP

The year 2020 arrived with unexpected events and unusual times. Although this year brought stress and fear among us, it also gave us a pause in this fast-paced world. It allowed us an opportunity to value and appreciate what is important. We encourage you to take a moment to reflect on the good things that 2020 gave us and celebrate these things — whether it was more bonding time with your family at home, a new hobby, or good health. While our New Year celebrations may not be ideal this time around, we know that these sacrifices are saving lives. Let's be thankful for the loved ones around us and start the year with gratitude!

Thank you!

2021



These tips were developed from the Centers for Disease Control and Prevention (CDC) guidelines. You can view more details by visiting: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/new-years-eve.html>

You may also visit HARCdata.org for more infographics and resources.

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