

Stay home this holiday season

Paul Thottingal, MD, National Infectious Disease Leader, Kaiser Permanente: This holiday season, being together is going to look a lot different. COVID-19 is surging across the country. It is a very real risk for all of us. My infectious diseases colleagues and I agree that the safest way to protect yourself and each other is to stay at home, avoid travel, and avoid gathered with those from outside your household.

We understand that these are tough choices and that many of you are experiencing fatigue from all of these restrictions and for some it's taking a toll on your behavioral and mental health.

We have great hopes for these new vaccines, but for the time being, the best way to protect yourself and each other is to follow these proven practices: Wear a mask when in public. Watch your distance - keep six feet apart. Wash your hands often and for 20 seconds each time. And this year, get a flu shot - it matters more than ever.

Together we will fight the spread of COVID-19 so that in the new year, we can enjoy good health for all.

End of: Stay home this holiday season.

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