



COVID-19: Holiday Guidelines



Alert levels and associated measures are determined by the Government of New Brunswick under the advice and guidance of the Chief Medical Officer of Health.

AT ALL LEVELS

BE KIND TO OTHERS AND PROTECT MENTAL HEALTH:

- Colder weather, shorter days and social demands can lead to increased depression and stress throughout the holiday season.
- Remember that a small gesture of kindness can go a long way, especially to disrupt stress throughout the holidays. It can also help lower your own levels of depression or anxiety.
- Please refer to the information on [mental health and coping during COVID-19](#) for tips and resources. This also provides phone numbers for supports you can reach out to, including [Kids Help Phone](#), [CHIMO Helpline](#) and [Hope for Wellness Helpline](#).

HOLIDAY TRAVEL:

- New Brunswickers are strongly advised to avoid all non-essential trips this holiday season, especially outside of your region, or into areas where COVID-19 cases are present and rising.
- Anyone who is travelling from another province or country must self-isolate for 14 days when arriving in New Brunswick.

Self-isolation means avoiding contact with other people in the home, including your family, to help prevent the spread of disease. For more details on how to self-isolate, visit GNB.ca/coronavirus.

- If you must travel during the 2020 holiday season, follow current Public Health advice, which can be found on the [Travel Information](#) page. Here are some precautions you can take, no matter your mode of transportation:
 - Download the [COVID19 Alert App](#)
 - Wear a [community face mask](#)
 - Avoid layovers if travelling by plane
 - Travel with members of your immediate household
 - Avoid long car trips with multiple stops along the way
 - If commuting by bus, avoid commuting during peak hours
 - Follow physical distancing as much as possible
- This year is not the year to be hosting guests from outside of New Brunswick, as there are many areas of the country with high rates of COVID-19.
- Consider connecting with your family and friends who live outside of the province virtually instead of in person.

- Other restrictions may apply depending on the zone and alert level where you live. Please refer to [NB's recovery plan](#) for additional details.

A NOTE FROM THE CHIEF MEDICAL OFFICER OF HEALTH:

We are not asking that New Brunswickers skip the holiday season this year, but we are asking for extraordinary precaution.

Please follow local public health measures, keep your contacts low and consistent.

Your sacrifices can and will save lives. This year, going the extra mile will mean not moving at all in order to get across the finish line successfully.

Dr. Jennifer Russell

AT ALL LEVELS CONTINUED

HOSTING THIS HOLIDAY SEASON:

- If you're hosting family meals or celebrations this season, know that it's okay to protect yourself and those in your household by minimizing the people gathered around your table or in your home.
- Let your loved ones know ahead of time if you don't feel comfortable gathering.
- Should you want to proceed with hosting a celebration, follow public health measures to limit the spread of COVID-19.

REMEMBER TO THINK ABOUT THE RISK:

- It's important to think about the risks associated with different situations, settings, holiday and religious celebrations. Take additional public health measures in:
 - closed spaces with poor ventilation
 - crowded places where many people are gathered
 - close contact settings and close-range conversations with those outside your immediate household
 - and consider vulnerable individuals like the elderly or those with underlying health concerns

YELLOW LEVEL

HOLIDAY ACTIVITIES AND PARTIES:

- Even if your community is presently in the yellow level of recovery, please keep your number of contacts low and consistent.
- Informal indoor gatherings of up to 20 people are permitted to accommodate close friends and family members.
- Informal outdoor gatherings are permitted with physical distancing in place and a maximum of 50 people or fewer.
- Community face masks must be worn in indoor public spaces.

HOLIDAY MEALS WITH CLOSE FRIENDS AND FAMILY:

- New Brunswickers should minimize the number of people around the table this holiday season.
- Clean and disinfect high surface areas before and after you have visitors.
- Ensure guests and family members wash their hands before preparing or enjoying food.
- Thoroughly wash and sanitize any reusable glassware or dishes or provide disposable dishes and utensils.

- Launder cloth items such as table cloths at the hottest setting of the washing machine possible for that item.
- Clean and disinfect commonly touched surfaces before and after the meal/event. This may include light switches, doorknobs, toilets, taps, hand rails, counter tops, toys, touch screen/keyboards, chairs and tables.

MUSICAL EVENTS, CHOIRS, CAROLING, FAITH GATHERINGS:

- People attending faith gatherings, churches and places of worship will be required to wear a mask throughout the entire mass/ceremony.
- Attendees must also adhere to physical distancing guidelines.
- In instances where the audience is seated and every person continuously wears a mask, physical distancing of 1 metre is acceptable.
- The audience must maintain a distance of 4 metres or more from the performers or officiants.

YELLOW LEVEL CONTINUED

HIGHER-RISK INDIVIDUALS:

If someone is not able to come to a gathering because they are higher risk, you may be able to include them in other ways, for example:

- Follow [Public Health measures](#) to prepare a meal in advance and deliver it to them from a distance. Call to let them know you're coming, leave it outside their door, then step back for them to take it inside.
- To further decrease risk, you can leave packaged ingredients for them to prepare. Make sure to wash or sanitize your hands before handling it.
- Do not leave food for anyone unless they are there to take it inside to eat immediately or store properly.
- You may also be able to order a meal to be delivered to them by a business.
- Plan a time during the gathering for the group to chat virtually with people who can't attend.



ORANGE LEVEL

HOLIDAY ACTIVITIES, PARTIES AND MEALS:

- In orange or red zones where a one-household bubble is required, the bubble can be extended to a caregiver or an immediate family member who requires mental, social and/or emotional support.

For anyone living alone who needs mental health or other care support, a caregiver can be a formal or informal caregiver, such as a close friend or neighbour. This single household along with the caregiver or immediate family member needing support is permitted to go to restaurants and other venues such as church together.

- Use technology such as Zoom, Skype or Facetime for virtual visits with friends and family who aren't in your bubble.
- Faith venues can operate under a [COVID-19 operational plan](#) with a maximum of 50 participants with two-meter physical distancing and masking enforced.
- Other indoor gatherings and celebrations including funerals, celebrations of life, marriage ceremonies, receptions and social gatherings of more than 25 people are not allowed.
- Community face masks are mandatory in public spaces, both indoors and outdoors.
- You can attend or organize outdoor events with a maximum of 10 people. [Public Health measures](#) must be followed.

RED LEVEL

- In orange or red zones where a one-household bubble is required, the bubble can be extended to a caregiver or an immediate family member who requires mental, social and/or emotional support.

For anyone living alone who needs mental health or other care support, a caregiver can be a formal or informal caregiver, such as a close friend or neighbour.

- Use technology such as Zoom, Skype or Facetime for virtual visits with friends and family who aren't in your bubble.
- Community meals and gatherings, celebrations, workplace parties, and parades are not permitted.
- Community face masks are mandatory in public spaces, both indoors and outdoors.
- Outdoor gatherings with five people or less are permitted with physical distancing.
- Public spaces are closed. Only outdoor (drive-in) religious services are permitted.
- Community meals are not permitted. All food and beverage will be reduced to drive-thru, take-out and delivery.
- Non-food businesses and public services, including retail, can operate under a [COVID-19 Operational Plan](#) (see Yellow level for more information).