



Dear Friends,

As your healthcare provider, we'd like to share some important resources to help you celebrate the holiday season safely.

Active outbreaks of COVID-19 cases are at an all-time high in our state and country, and data shows there were significant increases in cases after the Independence Day and Labor Day holidays.

Holiday celebrations such as Thanksgiving and Christmas often bring multi-generational families and friends together, which increases the risk of spreading the virus.

Holiday celebrations will look different for all of us this year. Below are some resources and reminders to help you and your loved ones stay safe.

- **Plan Ahead for the Holidays.** The [Centers for Disease Control](#) has issued helpful recommendations including how to reduce virus spread at holiday gatherings.
- **Get Your Flu Shot.** [Flu shots not only protect you but your loved ones as well.](#) Nov. 1 is the official start of flu season and since flu shots are covered by insurance, there is no reason to wait.
- **Do Not Delay Seeking Care.** Our clinics are safe and remain open, and telehealth visits with a provider are available too. Call your primary care provider to schedule an appointment today.

Thank you for trusting us with your healthcare needs. We wish you and your loved ones a safe and healthy holiday season.

[If you are exposed to someone with COVID-19](#)

[What to do if you test positive for COVID-19](#)

[When to start and end isolation COVID-19](#)

[When to start and end quarantine COVID-19](#)

[Contact Tracing Protocol November 10, 2020](#)



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