

As set forth in the January 6, 2021 Secretarial Directive, all North Carolinians should **STAY HOME AND AVOID GATHERINGS** with individuals that you do not live with. Multiple households should not co-mingle. However if you can absolutely not avoid gathering, these guidelines are intended to help reduce the spread of COVID-19 in communities.

Guidelines for Get-Togethers



Wear a mask. Everyone should wear one over their nose and mouth. Avoid activities like eating or drinking but if you do, stay outdoors and 6 ft away from others.



Stay outdoors. If indoors, open windows to increase ventilation with outside air as much as possible.



Should you host or attend? Do not if you're sick, have been diagnosed with or exposed to COVID-19, are waiting on COVID-19 test results, or have been told to isolate or quarantine by a health care professional or health department.



Keep it distant. Arrange space so people from different households can stay distant (at least 6 feet apart) and plan activities where social distancing can be maintained.



Consider asking all guests to avoid contact with people outside of their households for 14 days before the event.



Assume you have become infected if you have gathered with individuals that you do not live with and get tested.



Keep it small. No gathering should be larger than 10 people indoors and 50 people outdoors. Remember, the virus can be spread in smaller gatherings as well.



Limit physical contact. No handshaking or hugs. Wave or verbally greet each other instead.



High-risk for COVID-19 complications? Consider whether you should attend. Practice the 3Ws (Wear, Wait, Wash) at all times, but especially around people who are at high risk for COVID-19 complications.



Wash your hands regularly or use hand sanitizer.



Clean and disinfect commonly touched surfaces, such as door handles, sink handles, and bathroom surfaces.



Avoid self-serve food. Limit the number of people handling or serving food. If serving food, have one person serve all food so that multiple people are not handling serving utensils. Encourage guests to bring their own food and drinks. Use disposable utensils and dishes.

