

It's that time of year and before we launch into the holiday get-togethers and travel we want to share some reminders and resources to keep you and your family safer. NH appears to be in another significant surge in COVID case numbers and Lyme has not been spared. So, in addition to the following information please continue safe practices including masking, physical distancing and hand washing.

Safer Ways to Celebrate Holidays from the CDC (updated 10/15/21)

Holiday traditions are important for families and children. There are several ways to enjoy holiday traditions and protect your health. Because many generations tend to gather to celebrate holidays, the best way to minimize COVID-19 risk and keep your family and friends safer is to get vaccinated if you're eligible.

Here are safer ways to celebrate the holidays:

Generally:

- Protect those not yet eligible for vaccination such as young children by getting yourself and other eligible people around them vaccinated.
- Wear well-fitting masks over your nose and mouth if you are in public indoor settings if you are not fully vaccinated.
 - Even those who are fully vaccinated should wear a mask in public indoor settings in communities with substantial to high transmission.
 - Outdoors is safer than indoors.
 - Avoid crowded, poorly ventilated spaces.
 - If you are sick or have symptoms, don't host or attend a gathering.
 - Get [tested](#) if you have symptoms of COVID-19 or have a close contact with someone who has COVID-19.

If you are considering traveling for a holiday or event, visit CDC's [Travel](#) page to help you decide what is best for you and your family. CDC still recommends delaying travel until you are [fully vaccinated](#).

- If you are not fully vaccinated and must [travel](#), follow CDC's [domestic travel](#) or [international travel](#) recommendations for unvaccinated people.
- If you will be traveling in a group or family with unvaccinated people, choose safer travel options.
- Everyone, even people who are fully vaccinated, is [required to wear a mask](#) on public transportation and follow [international travel recommendations](#).

Special considerations:

- People who have a condition or are taking medications that weaken their immune system may not be fully protected even if they are fully vaccinated and have received an [additional dose](#). They should continue to take all [precautions recommended for unvaccinated people, including wearing a well-fitted mask](#), until advised otherwise by their healthcare provider.
- You might choose to wear a mask regardless of the level of transmission if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.
- If you are gathering with a group of people from multiple households and potentially from different parts of the country, you could consider additional precautions (e.g., avoiding

crowded indoor spaces before travel, taking a test) in advance of gathering to further reduce risk.

- Do NOT put a mask on children younger than 2 years old.

By working together, we can enjoy safer holidays, travel, and protect our own health as well as the health of our family and friends.

In NH

COVID Vaccines can be obtained by appointment

[Vaccines.gov](https://www.vaccines.gov) can be used to find vaccine appointments for COVID boosters and the initial vaccine series for adults and children in NH. We recommend putting in a 25 mile radius after you enter zip code; choose which site you wish to make an appointment and choose the preferred date and time from the available options. You may need to look at several sites to get a date and time you want.

Remember the vaccines take 2 weeks to reach the beginning of their maximal effectiveness.

If you are in the DHMC/APD system as a patient or employee you can make an appointment for tests and vaccines through myDH – go to Make Appointment and scroll down past the providers in your list and you'll see the options for testing and vaccines. This can be used for flu and COVID vaccines.

We are fortunate to also have Vermont next door and they will take NH residents without having to provide a fake name or address. See <https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine> for information.

COVID Testing can be done by appointment or through the state's drive through site:

State site Claremont, NH:

River Valley Community College, 1 College Place, Claremont, NH 03743

Free COVID-19 testing is available from 9AM-3PM, 7 DAYS A WEEK

Other sites are available through <https://www.covid19.nh.gov/resources/testing-guidance> Go to Testing Resources then Testing options updated 11/15/21

FYI: CVS in Hanover had some BINAX NOW kits today for sale at pharmacy checkout, best for symptomatic at home COVID antigen testing.

Be well, stay safe and Happy Holidays!