## Holiday Bubble Checklist

**How to Celebrate Safely With Extended Family**

### To Do Today
- Get flu shot
- Hold family meeting*
- Take the pledge below
- Identify bubble location
- Order eye protection if flying*
- Check travel restrictions for destination

### 2 Weeks Before Gathering
- Quarantine if possible*
- Follow prevention protocol*
- Check temperature and symptoms daily
- Buy non-perishables

### 5–7 Days Before Gathering
- Get a PCR COVID-19 test
- Gather your travel supplies*
- Check travel restrictions again
- Get perishable groceries delivered

### In Transit
- If driving, bring snacks and limit road stops
- If flying, wear protective gear at all times and follow precautions*

### In the Bubble
- Consider vulnerable members*
- Confirm participant adherence before entry

*Find more detailed information at StLukesHealth.org/HolidayBubble.

I, ____________________, pledge to follow these guidelines to help ensure a safe holiday gathering.

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*Source: James T. McDeavitt, MD*