

Employee Assistance Program

WELLNESS & SUPPORT

COVID-19 and the 2020 Upcoming Holiday Season

With Halloween fast approaching, then Thanksgiving next month, followed by many more holiday celebrations and traditions, people are starting to make plans for the 2020 holiday season that will be like none we have ever seen.

As we all struggle with the challenges of the pandemic, questions are arising such as "Should my kids go trick or treating, and if so how?" "Will the family gather for Thanksgiving?" "What will other holidays be like?" and "Can we travel to see the family?" These questions and many more are likely at the top of our minds, or will be soon.

Each individual and family will have their own beliefs about what activities they will feel comfortable doing, and with whom. Your First Choice Health EAP clinical account executives are sharing the following list of helpful local and national resources as we begin to navigate this tricky season. We hope you will find these useful and as always, please reach out to your EAP if you have any questions or need advice this holiday season. We're here 24/7 to support you and your covered family members at 1-800-777-4114 or www.firstchoiceEAP.com.

www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/HalloweenTips.pdf

[www.oregon.gov/oha/ERD/Pages/OHA-provides-tips-for-a-safe-\(but-still-spooky-and-fun\)-Halloween.aspx](http://www.oregon.gov/oha/ERD/Pages/OHA-provides-tips-for-a-safe-(but-still-spooky-and-fun)-Halloween.aspx)

www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html

www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html

www.coronavirus.wa.gov/information-for-you-and-your-family/safer-gatherings

(Includes a Safety Checklist if you decide to have or attend a gathering)

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