



GUIDANCE FOR THE HOLIDAYS

HELPING YOU NAVIGATE WINTER & THE HOLIDAY SEASON SUCCESSFULLY DURING THE GLOBAL PANDEMIC

Responsibly celebrating the holidays during winter is necessary to reduce the spread of COVID-19.

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330.493.9904 | STARKHEALTH.ORG

"Our mission is to assess, protect, promote, and improve the health of Stark County through leadership, quality service, and community partnerships."

Gather together. . . from a distance.

The holiday season of late fall and winter are a time for many families to come together to celebrate religious observances, national days of thankfulness, and to show appreciation for one another. This year, we confront some of our most cherished moments with family and friends during a global pandemic. It is a first for all of us and there is no doubt that this will be a difficult season. Normally, this is a season filled with hope for the future, joy of gatherings, and delicious foods. These things are still possible through some of the low risk activities and precautions laid out in this document. Even if you do not celebrate these holidays and observances, the precautions will still be useful as you socialize with family and friends.

There are some families that will have an empty seat at the table this year due to the COVID-19 global pandemic. Those empty seats may not only be from the unfortunate loss of a family member but those who have decided to distance for the safety of everyone's health. It is necessary for those planning holiday gatherings to approach them with vigilance of current precautions in place. This time of year may also be a difficult one for some. That is why we have asked Stark Mental Health and Addiction Recovery to include their vital resources in this document as well. On page 10, you will find the Opiate Hotline and Crisis Text Line information.

The Stark County Health Department (SCHD) reminds all those gathering to please keep gatherings to 10 or less individuals, wear a mask or facial covering to reduce transmission, wash your hands frequently throughout the visit, and keep your distance of 6 feet or more if possible. We know that in various situations this could be difficult but remind all that are gathering to do their part. A contact tracing guidance document is also included to remind you how the process works and to answer a call from our department. SCHD's Nursing Services also wants to remind the community of the signs and symptoms of COVID-19: fever of 100 degrees or higher, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, runny nose, abdominal pain, nausea or vomiting, or diarrhea.

As you read through this document, you will find ideas of how best to gather for the major religious observances and other holidays, precautionary measures, new traditions, craft projects, and delicious recipes to try. As we gather together from a distance this year, please remember to enjoy the holidays and stay healthy.



The background of the page features a dark blue overlay with a faint, large clock face and crumpled paper texture. The clock face is visible behind the text, with numbers 10, 11, and 12 clearly discernible. The crumpled paper texture is most prominent at the top of the page.

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HOLIDAYS AND OBSERVANCES

WINTER 2020-2021

As we rush around buying presents, we must always remember that "our presence rather than our presents" is one of the greatest gifts we can give.

- Catherine Pulsifer, author

The celebrations for many of the major holidays and observances are going to look a little different due to the global pandemic of COVID-19. However, there is no need to change cultural practices but just to amend how they happen. SCHD is going to go through each of the major holidays for some new ways to safely practice. For those of you who do not observe these holidays, it is important for the guidance to be followed as you gather with friends and family as well.

Diwali - Saturday, November 14, 2020

Diwali is a major holiday for those of Indian heritage and is also known as the "festival of lights" and is celebrated by Hindus. The festival is a reminder of good triumphing over evil. Preparation includes cleaning of their homes, lighting their Diya's, and delicious foods. There is also time for prayer to King Rama (in northern India), Lord Krishna (southern India), and Lord Vishnu (western India). Here are a few ideas for a safe Diwali

1. Organize a virtual lighting of the Diya's with family and friends.
2. Deliver some homemade, pre-wrapped treats to family and friends to celebrate along with you.
3. Who can make the nicest rangoli (pattern of colored powders and sand)?
Try making one of these with your small group of 10 or less and share it with your family and friends who cannot be with you this year.

Recipe: Many of the dishes for Diwali can be made before the "festival of lights" begins. Try this recipe for the delicious Butter Murukku [Click here.](#)



Craft Project: Make your own Diya for the festival to place around your home for worship or decorative purposes. [Click here.](#)

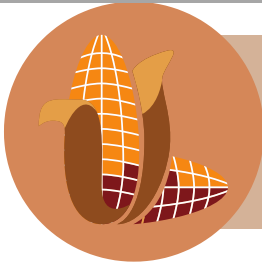
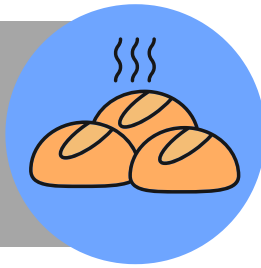


Thanksgiving Day - Thursday, November 26, 2020

Thanksgiving is a special holiday for many Americans. It is also a day used to give thanks for things individuals are most thankful for from the current year. Here are a few ideas for a safe Thanksgiving Day:

1. Have a small dinner for those who reside in your home.
2. Organize a virtual call with the family to discuss everyone's feast.
3. Why not have your own parade? Drive by your neighbors or family members to wish them a Happy Thanksgiving.
4. Donate canned goods or make a financial contribution to a local charity that prepares Thanksgiving dinner for the less fortunate.

Recipe: Try making these delicious Winer Squash Rolls for your Thanksgiving dinner. [Click here.](#)



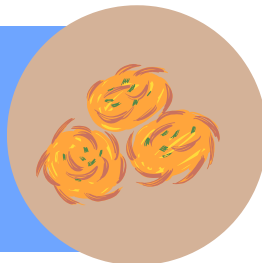
Craft Project: Make a corn wreath with your family and hang it in the window on Thanksgiving Day! [Click here.](#)

Hanukkah - Thursday, December 10 to Friday, December 18, 2020

Hanukkah is a Jewish holiday commemorating the rededication of a temple by the Maccabees who only had enough oil to keep their menorah lit for one night. The small supply of oil kept the menorah lit for 8 days and is considered a miracle. Here are a few ideas for a safe Hanukkah:

1. Organize a virtual lighting of the menorah at a local temple or in your home so other family members can join in.
2. Who makes the best latke? Consider frying latke for family and friends by sealing the portions in separate containers and dropping it off.
3. Visit eight of your closest family members or friends by organizing a Hanukkah drive by parade.

Recipe: Try making these latke for your family and friends during Hanukkah. [Click here.](#)



Craft Project: Make a water color dreidel for your loved one's to hang in their home. [Click here.](#)





Winter Solstice - Monday, December 21, 2020

The winter solstice is the official beginning of the winter season that means cold weather, the white stuff feared by all, and lots of hot chocolate. Here are a few ideas for a safe winter:

1. Organize social distanced snow angels with 10 of your closest family members or friends. Remind them to stay 6 feet from one another and not to forget their masks.
2. Virtually build a snowman with family and friends. A non-participant will vote on the best one. Winner gets bragging rights for the winter!
3. Donate new blankets in sealed bags to a local homeless shelter so they can pass them out to those that will need them most.

Recipe: Fire up the oven for some delicious snowflake cookies .
[Click here.](#)



Craft Project: Make a snowman for a loved one to hang in their home all winter long.
[Click here.](#)

Christmas Day - Friday, December 25, 2020

Christians celebrate this holiday to reflect on the birth of Jesus Christ in Bethlehem. The holiday also ushers in classic songs like "Rudolph the Red-Nosed Reindeer," cookies and milk for Santa Claus, and decorating the Christmas tree. Here are a few ideas for a safe Christmas:

1. Decorate your home with Christmas lights and encourage family friends to drive by for pre-wrapped cookies and to see the light display.
2. Virtually hang ornaments with your family and friends then show each other the finished product.
3. Organize a drive by caroling event with your family to surprise loved ones.

Recipe: Santa will be surprised to see these cookies when he comes down the chimney on Christmas Eve.
[Click here.](#)



Craft Project: Have some toilet paper rolls on hand? Kids can make these trees to hang around the house or deliver to a loved one living near by.
[Click here.](#)

Kwanzaa - Saturday, December 26, 2020 to Friday, January 1, 2021

Kwanzaa (meaning first) is an African-American holiday established in 1966 to embrace African culture and welcome to the first harvests to the home. Families light a Kinara that includes green candles that represent the harvest, the red candles represent blood and the black candle represents the people. Here are a few ideas for a safe Kwanzaa:

1. Organize a virtual reminder of the seven principles and come up with a way for family and friends to love those out over the course of Kwanzaa. The principles are unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.
2. Light the Kinara each evening with those in your household and discuss the principle of that day over a feast.
3. Drop off some fresh vegetables or a pot of Groundnut stew to a loved one.

Recipe: Warm up with a pot of Groundnut stew which has roots in West Africa and the American South.

[Click here.](#)



Craft Project: Time to break out the craft items to make your own Kinara from your home. [Click here.](#)

New Year's - Thursday, December 31, 2020 & Friday, January 1, 2021

For many, New Year's Eve is a way for everyone to reflect on the previous year and to hope for what the new year will bring. New Year's Day celebrates the first day of the new year often with a ceremonial dish of pork and sauerkraut. Here is an idea for a safe New Year's:

1. Host a virtual New Year's Eve party with family and friends. Send out noisemakers and party horns to those joining the call before hand. It will prove to be a noisy but fun way to ring in 2021 which most people are looking forward to.

Recipe: Time for the best pork and sauerkraut you have ever had. What a great way to celebrate 2021 with the best dish ever. No pressure though! [Click here.](#)



Craft Project: Who doesn't love a party animal? These homemade one's are sure to liven up any party. [Click here.](#)





Orthodox Christmas - Thursday, January 7, 2021

This is the Christmas held in the new year by the Russian Orthodox Church, the Ukrainian churches, the Serbs, other Eastern European nations, and faithful around the world. Those celebrating the birth of Jesus at this time use the Julian Calendar used by Julius Caesar in 46 B.C. and continues to this day. Here are a few ideas for a safe Orthodox Christmas:

1. Organize a virtual watch party to celebrate Christmas Mass from your local church or from one abroad.
2. Put together a meal care package for your elderly loved ones that are staying home and inside this Christmas.
3. Send Christmas cards to shut-ins from your church with a Christmas greeting and prayer for the new year.

Recipe: Sarma is a staple on many tables especially in southeastern Europe. These would be similar to cabbage rolls or dolmathes. [Click here.](#)



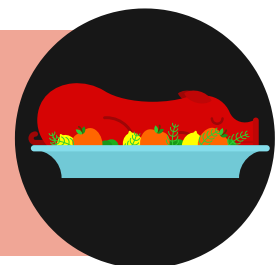
Craft Project: Use your creativity to make some new ornaments to hang on the tree with religious depictions. [Click here.](#)

Orthodox New Year - Thursday, January 14, 2021

Similar to Orthodox Christmas, the new year for many Orthodox people begins later in January according to the Julian Calendar. It is also known as the Old New Year and could potentially change dates in the year 2100. Here are a few ideas for a safe Christmas:

1. Enjoy a livestream of the famous fireworks by the Serbian Orthodox Church of St. Sava in Belgrade. Host a virtual watch party with your family and friends so they can join in on the celebration of 2021.

Recipe: Similar to Gregorian New Year, consuming a suckling pig is custom in some Russian Orthodox homes. [Click here.](#)



Craft Project: Have a fun time making your own fireworks display on paper. This can be hung up to remind children of the new year and what is to come. [Click here.](#)

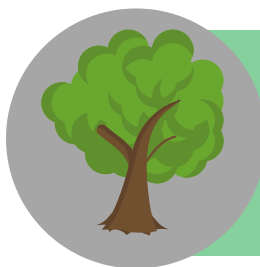
Tu BiShvat - Wednesday, January 27 to January 28, 2021

This Jewish holiday is believed to have started as an agricultural festival that welcomes spring. The name of the holiday means the "New Year of the Trees" and includes seder (similar to Passover) to celebrate. It is also common to plant trees or trace your family roots. Here are a few ideas for a safe Tu BiShvat:

1. Organize a virtual seder meal to mark the holiday with family and friends.
2. Consider planting a tree at your local park or temple. Seek permission first!
3. Plan a day to virtually speak with older relatives to discover the family tree.

Recipe: This fresh and healthy meal will be perfect for your Tu BiShvat celebration. The meal includes fresh fruits and vegetables and an assortment of nuts.

[Click here.](#)



Craft Project: This centerpiece is sure to be the talk of your family and friends on a virtual call. The tree includes hanging fruits that can be colored in.

[Click here.](#)

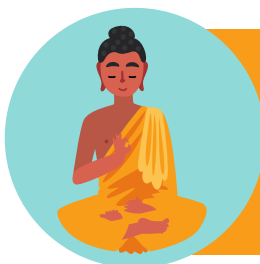
Bodhi Day - Wednesday, January 20, 2021

Bodhi Day is a Buddhist holiday that marks the enlightenment of prince Siddhartha Gautama. The prince had been seeking peace of mind and sat under a fig or bodhi tree and would meditate until he fulfilled the quest. On awakening, he had realized enlightenment and became Buddha. Here are a few ideas for a safe Bodhi:

1. A virtual meditation would be the perfect thing to organize on Bodhi day to reflect on Buddha's moment of enlightenment.
2. Consider sending a Bodhi day recipe for rice and milk to family and friends to try.
3. Livestream the Bodhi Day service at your local Buddhist temple with those in your home to remember Buddha's day of enlightenment.

Recipe: Often, many Buddhists will mark the day with a meal of rice and milk. Enjoy this delicious recipe of Milk Rice.

[Click here.](#)

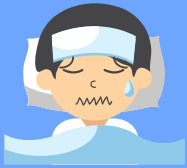


Celebrate: Meditate on this! The holiday is not an event for great fanfare but one to reflect on the enlightenment of the Buddha.

[Click here.](#)



UNDERSTANDING CONTACT TRACING



Person A

Confirmed case - self-isolate until 24 hours with no fever and respiratory symptoms have improved (e.g. cough, shortness of breath) and 10 days have passed since symptoms first appeared.



Person B

Contact of case - if closer than 6 ft. for longer than 15 minutes then Person B must stay home and monitor symptoms. If a casual contact of a confirmed case, self-isolation should take place for 14 days after their last contact with the confirmed case.



Person C

Contact of contact - should stay home or monitor symptoms only if Person B has developed symptoms or tests positive for COVID-19.



Why is the health department contacting me?

Once you are a confirmed case, the health department is notified and will call to help track your sickness. They can offer education and guidance while monitoring symptoms.



IF CONTACTED BY THE HEALTH DEPARTMENT, PLEASE ANSWER OR CALL THEM BACK!

Key tips to stay social but remain safe from COVID-19



Wash Up



Mask Up



Back Up



Stay home when sick!



Visit [RestartStark](https://RestartStark.com) for more information!

CONFIDENTIAL. 24/7.



Appiate Hotline

330-454-HELP (4357)

Stark County Access,
Referral & Family Education.



CRISIS TEXT LINE |

Text 4hope to 741 741



We're there anytime,
day or night, to help with
whatever is hurting you.





Happy Holidays

from all of us at the

STARK  HEALTH
COUNTY DEPARTMENT