

# Be Your Family Holiday Lifeguard

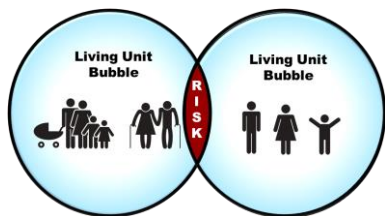
## A Survive & Thrive Guide™

The Centers for Disease Control, ALL leading public health experts, and our expert team agree that we should avoid gathering for the holidays. However, some families are going to break this rule. For those who do, we have created the *Family Holiday Lifeguard* program for schools, scout groups, and families of essential workers who we serve.



- Our motto is “Turn Science into Safety”. You can do it.
- Anyone from 8 to 80 years old can be your Family Lifeguard to help protect your loved ones and friends from the Coronavirus.
- Avoid “Double Bubble Trouble” and keep family and housemate bubbles separate during gatherings for their safety.
- The lifeguard job is 90% prevention and 10% rescue – be prepared to protect your family and friends.
- With a little planning a gathering can be made much safer for your loved ones and friends. Plan the flight and fly the plan.
- The approach is a perfect fit for Boy and Girl Scouts, teams, faith-based, and community service organizations.
- See short videos of the resources by our Med Tac educators and junior instructors – go to [www.medtacglobal.org/holidaylifeguard/](http://www.medtacglobal.org/holidaylifeguard/) and [www.medtacglobal.org/coronavirus-response/](http://www.medtacglobal.org/coronavirus-response/) for our full programs for Essential Workforce Families.

### Avoid “Double Bubble Trouble”



### Holiday Huddle Checklist Use

Engage the whole family, group of friends, and housemates in the process.

- Children have a great opportunity to lead and reinforce the safety principles.
- Modify the checklist to make it your own.
- Make copies of the checklist for families and friends to take home and use.
- An “all teach – all learn” approach to new practices really works.
- As we say to all our Med Tac Bystander Care Teams – “fight the good fight, finish the race, and keep the faith”.

### Avoid CDC Close Contact Exposure Risks

We should all avoid becoming a “Close Contact” with someone infected with COVID-19. They are:

- Being within 6 feet of an infected person for a total of 15 Minutes over 24 Hours.
- Providing Care to an infected person.
- Physical Contact (hugs & kisses) with an infected person.
- Using the Same Cooking Utensil’s as someone who is infected.
- Having had direct contact with breath Droplets (sneeze or cough) of an infected person.

### Holiday Huddle Checklist

#### The Goal - Prevent Bubble Trouble

Maintain the Four Pillars: Distance, Hand Hygiene, Disinfect Surfaces, and Mask Use

#### Before Event:

- Assign Tasks to Family Members
- Prepare Separate Family Bubble Portions
- Set Up Handwashing Stations
- Develop a Bathroom Plan
- Prepare Bathroom – Optimize Ventilation
- Maintain Kitchen Hygiene

#### During Event:

- Convene Holiday Huddle with Guests
- Opening Prayer
- Describe Safe Family Bubbles
- Review Four Safety Pillars
- Provide Restroom Plan
- Describe Eating Plan
- Summarize Clean Up Plan

#### After Event:

- Glove up to Clean Up
- Soak Plates and Cutlery in Soapy Water
- Wipe down surfaces touched by guests
- Wipe down bathroom used by guests
- Meet to de-brief to be safer next time