

a few notes

Topic: Lower risk gatherings



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

This weekend, we celebrate Labor Day, the unofficial end of summer. According to [cnn.com](https://www.cnn.com), Labor Day weekend is one of the biggest social gathering holidays in the US, which poses added risk to most celebrations when they coincide with a pandemic. But that doesn't mean you have to stay indoors, either. First, avoiding any family or social gatherings outside the people in your "bubble" of trust over Labor Day is the best course of action. Gather with other families or family members outside, not inside. Make plans to remain outside if there is bad weather -- or get in your car and go home. Wear masks at all times when not eating. Keep the family units separated by at least 6 feet or more. Make sure tables, food, condiments, eating utensils and trash containers are also separated. Have each family bring their own food. If food is shared, separate it in advance into small containers for individual servings. Be the role model to help lower the risk for contracting COVID-19 or spreading COVID-19. Click here for related [Source](#).