

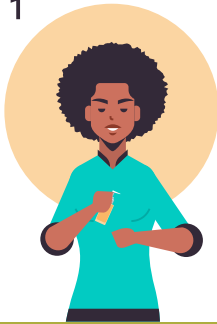
# KWANZAA

A cultural celebration observed by many African Americans from December 26 to January 1 to honor our cultural heritage and traditional values.

# UJIMA

It is our collective responsibility to protect each other from COVID-19 by loving each other from a distance

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## WE EXPRESS OUR APPRECIATION FOR OUR VOLUNTEERS AND ESSENTIAL WORKERS BY LOWERING OUR RISKS THIS KWANZAA

### BEST PRACTICES

- Celebrate only with people in your household
- Prepare and deliver traditional recipes for family, friends and neighbors
- Plan a virtual celebration
- Shop online or by phone for delivery or curbside pickup
- Watch virtual celebrations from home
- Wash your hands frequently
- Use hand sanitizer if soap and water are not readily available
- Cover your cough and sneezes with a tissue; if tissues are not available cough and sneeze into your elbow
- Avoid touching the nose, mouth or eyes when removing a face mask

### DO:



Wear A Mask If You Go Out in Public



Make Sure You Can Breathe Through It



Make Sure It Covers Your Nose and Mouth



Wash After Using

### DON'T:



Use On Children Under Age 2

*"My mission in life is not merely to survive,  
but to thrive; and to do so with some passion,  
some compassion, some humor, and some style."  
—Maya Angelou*

## SELF CARE

- First thing this morning, I checked in with myself before I checked in with the world
- I unplugged and created a quiet space to read/pray/meditate
- I am grateful for...
- I prepared and ate at least one healthy meal
- I took a brisk walk, practiced yoga, or danced to my favorite music
- I have spoken words of encouragement to myself and those in my circle

## COVID-19 FACTS

- The virus can easily spread between people who are in close contact (less than 6 ft apart)
- The virus travels through respiratory droplets when one sneezes, coughs, breathes, sings or talks
- People who are infected and do not have symptoms can spread the virus to others
- Because you do not feel sick does not mean the person/people you have infected will not experience symptoms that lead to hospitalization or death

