



Press Release
FOR IMMEDIATE RELEASE

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3 Important Health Tips to Keep in Mind this Christmas

Knox County Hospital District offers three essential tips to stay healthy during the upcoming holiday.

KNOX CITY, Texas (Dec. 16, 2020) – The holiday season is one of the most important moments for families across the country, especially Christmas. We usually spend the holiday season with friends and loved ones to reconnect and celebrate. However, this year, we must consider the risk of spreading the COVID-19 virus to our family and friends.

The entire medical staff at Knox County Hospital District encourages you to plan thoughtfully and make some changes to your typical traditions.

With that in mind, the medical staff has compiled three critical tips you can take this year to lower your risk of infection, protect your family, and help to slow the spread of COVID-19. Each recommendation you choose will lower your risk of catching or spreading COVID-19 to those you love.

Wear a mask

Just as when you are in public, you are encouraged to wear a face mask when you are not eating. You could additionally provide masks for guests who do not have one when they arrive.

In early December, the Centers for Disease Control and Prevention (CDC) issued its most decisive mask guidance during the coronavirus pandemic. The government agency calls for universal mask-wearing in all activities outside of one's home.

The new guidance comes after states across the U.S., including Texas, reporting record highs of both cases and death rates of COVID-19.

Keep cleaning

Wash your hands frequently, especially before and after each meal.

Additionally, we encourage you to provide guests with hand sanitizer upon entry, or even better, ask that they immediately wash their hands with soap and water.

Any surfaces heavily used, such as door handles and countertops, should be disinfected frequently.

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When it comes to food, we encourage you to assign one or a few people to serve food. This approach is ideal compared to a buffet-style meal, preventing many people from gathering in the kitchen.

Keep a distance

While the CDC urges that holiday celebrations be limited to only people in your household, we understand that many families choose to celebrate together. If you are participating in the latter, try to keep members of different households six feet away.

Keeping household guests a safe distance away from each other could be as simple as having them sit at the opposite side of the living room. If your family is sharing a meal, consider having members of different households eat in different rooms.

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.

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