



# *Covid Holiday Toolkit*



IN THIS TOOLKIT

WAYS TO STAY SAFE  
WHERE TO GET TESTED  
HOW TO CELEBRATE  
SAFELY  
2020 REFLECTION



After overcoming all the hurdles 2020 through us nursing students, here is our Covid Holiday Toolkit to get through the final weeks!

# Covid 19

Staying home is the best way to protect yourself and loved ones.

**If you travel:**  
Camping only with household members and not sharing facilities with others is safer than camping in populated areas and sharing facilities with people who don't live with you.

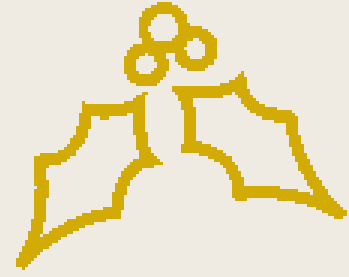
**When you do go out:**

- Wear a mask.
- Stay 6 feet apart.
- Wash your hands.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

CS 320030-C 11/21/2020

- Check your county's tier status
- Celebrate with the people in your own household
- Consider staying at home or at least in your region
- Wear a mask when you leave your home
- Wear a mask around people you do not live with
- Create boundaries and learn to say no.
- Find your testing location here.



# FESTIVE VIBES



- FOR KIDS IN THE FAMILY SET UP A MEET AND GREET WITH VIRTUAL SANTA!
- ADOPT A FAMILY IN LOS ANGELES TO SPREAD JOY.
- PROVIDE BASIC NECESSITIES TO BABIES THROUGH BABY2BABY.
- HELP SENIORS WHO ARE ALONE THIS HOLIDAY SEASON WITH MEALS ON WHEELS AMERICA.



# Creating Safe Spaces

This year was a difficult one, especially for us nursing students. Here at CNSA, we want to provide a network of support.

- This year has been extremely stressful. Whether worrying about exposure to Covid, limited or lack of clinical experience or postponed graduation dates, there has been plenty to keep nursing students up at night.
- Journaling is a great way to process stressful life events and situations. Check out these [prompts](#) from Nurses Inspire Nurses blog.

2021 IS RIGHT AROUND THE  
CORNER!



*Join us  
January 14th*

**WEBINAR  
"HOW TO START A  
CHAPTER"**

- WE WILL BE BREAKING DOWN HOW YOU CAN START A LOCAL CHAPTER AT YOUR SCHOOL
- HOW TO GAIN CNSA STATUS FOR YOUR NURSING CLUB
- HOW TO RENEW YOUR CHAPTER & STAY ACTIVE

HOPE TO SEE YOU THERE!