

COVID-19 TIPS FOR CELEBRATING A SAFER THANKSGIVING

CREATE A SAFER ENVIRONMENT TO REDUCE THE RISK THAT ANYONE IN YOUR HOUSE, OR VISITING YOUR HOUSE WHO MAY BE AT INCREASED RISK FOR SERIOUS ILLNESS

LONG-TERM CARE

We recommend visiting with loved ones at the long-term care facility either through outdoor visitation or in those facilities where it is deemed safe through indoor visitation instead of visitations in your home.

More detailed guidance is available [here](#).



DECREASE EXPOSURES

Prior to your holiday gatherings, avoid indoor settings with people you don't live with where you cannot socially distance or wear a mask (e.g., indoor social events, bars, restaurants, carpooling).



WEAR A MASK

Wear a cloth mask at all times when you are in indoor locations outside of your house or at outdoor events

WASH YOUR HANDS

Regularly wash your hands or use hand sanitizer and ask those coming in your house to do the same. When at-risk individuals are visiting, wear a mask while visiting with them inside your house, that includes riding in the car.



PHYSICALLY DISTANCE

Set up your house so you can physically distance with individuals who have high-risk health conditions while they are visiting you and during meals or other times when a mask cannot be worn. If at all possible, have a separate bedroom and bathroom for the at-risk individual.

SCREEN

Ask anyone entering or staying in your house if they have had symptoms (e.g., fever, body aches, fatigue, runny nose, cough) of COVID-19 or if they have had a recent exposure to someone with COVID-19. Anyone in your house with symptoms should be isolated and anyone with exposures should be quarantined. If possible, get you and your household tested for COVID-19 in time to receive the results before having high risk individuals in your home.



CLEAN SURFACES

Designate someone to regularly clean high touch surfaces in your house (e.g., tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.).

ENJOY THANKSGIVING ACTIVITIES

TAKE THESE PROTECTIVE STEPS TO PROTECT YOURSELF AND YOUR FAMILY FROM GETTING OR SPREADING COVID-19.

LOWER RISK ACTIVITIES

- Having a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in away that doesn't involve contact with others, including leaving on a doorstep
- Having a virtual dinner and sharing recipes with friends and family
- Shopping online rather than in person on the day after Thanksgiving or the next Monday
- Watching sports events, parades and movies from home



MODERATE RISK ACTIVITIES

- Having a small outdoor dinner with family and friends who live in your community
 - Lower your risk by following CDC's recommendations on hosting gatherings or cook-outs.
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing
- Attending a small outdoor sports events with safety precautions in place



HIGHER RISK ACTIVITIES

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Going shopping in crowded stores just before, on, or after Thanksgiving
- Participating or being a spectator at a crowded race
- Using alcohol or drugs, which can cloud judgment and increase risky behaviors
- Attending large indoor gatherings with people from outside of your household

