



Guidance for Celebrating Thanksgiving

This guidance is designed to help curb the spread of COVID-19. It will be reassessed and updated as the situation evolves and we learn more in the weeks leading up to Thanksgiving.

At All Events/ Activities



Wear a face covering.



Sanitize hands often.



Maintain six feet distance from others.

Recommended Activities:

Thanksgiving will undoubtedly need to be different this fall to prevent the spread of the virus that causes COVID-19.

- Be creative in ways of showing thanks
- Celebrate virtually with those who do not live in your household
- Stay home and limit travel. Travel increases the risk of getting and spreading COVID-19. Avoid flying and if you must travel, be informed of the risks involved
- It is important to protect older individuals, immunocompromised people, and people with medical conditions. Find ways to connect and show gratitude that limit contact with those outside of your household
- If you have a gathering, be mindful of the location, outdoors is best. Avoid confined spaces.
- Limit the size of the gatherings. Gatherings with more people pose more risk than gatherings with fewer people

Consider safe alternatives:

- Having a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors and delivering them in a way that does not involve contact with others
- Having a virtual dinner with family and friends
- Sharing recipes virtually
- Shopping online this Holiday season
- Watching sporting events, parades and movies from home with only the people who live in your household.

Avoid high risk activities:

- Traveling
- Attending large gatherings of any kind
- Shopping at crowded stores just before, on, or after Thanksgiving
- Participating or being a spectator at a crowded race or large sporting event
- Using drugs or alcohol in excess, which can cloud judgement and urge risky behavior

Reminder

Do not participate in any in-person festivities if you or anyone in your household:

- Has been diagnosed with COVID-19 and has not met the criteria for when it is safe to be around others
- Has symptoms of COVID-19
- Is waiting for COVID-19 viral test results
- May have been exposed to someone with COVID-19 in the last 14 days
- Is at increased risk of severe illness from COVID-19

If you are at increased risk of severe illness from COVID-19, or live or work with someone at increased risk of severe illness, you should:

- Avoid in-person gatherings with people who do not live in your household.
- Avoid all large gatherings and consider participating in activities that pose lower risk .