

COVID-19 X THANKSGIVING



We want you and everyone you know and love to be safe. Ideally you will stay home and/or in your bubble; however, if you're going to travel please be as safe as possible.

A RESOURCE TOOLKIT FROM



ACCORDING TO THE CDC...

small indoor gatherings of families
and friends are now driving
the surge of COVID-19 cases in many
areas.



As we move into the holiday season,
here's how to think about your safety:

THE BASICS

IF DECIDING TO LEAVE YOUR HOME/BUBBLE

1

Mask up

2

Keep it Short

3

Keep it Fresh

4

Keep it Clean (Gloves won't protect you)

5

Keep Your Distance

6

Boost Your Immunity

Note:

Shouting, singing, and physical exertion spread further than regular breathing. While it's best to avoid these activities outside of your household, if you choose to partake more publicly, triple your distance from others (18 feet or more).

Note:

Because so many people can be contagious, but asymptomatic (have no symptoms), you won't always know whether people near you are carrying the virus.

Safest

Stay out of the stores

It's safest to avoid grocery and retail stores where there's risk of prolonged exposure (more than 15 minutes), but during the holidays, stores are likely to be even more crowded. If you can, order supplies, gifts, and groceries online or by phone. Have them delivered or pick them up curbside. This also means avoiding public spaces like movie theaters, arenas, and parades. The safest place to be during a pandemic is at home.

Stick to Your Home

Avoid prolonged contact (more than 15 minutes) with any person outside of your immediate household.

Stick to Your Group

If you have created a “pandemic pod” with other households, stick to that group. Keep any gatherings that pull from that group small (10 or fewer people) and short (2 hours or less).

Get Together Virtually

Have a digital dinner!

Social Distance

Share the holiday spirit by preparing and delivering food in a way that avoids contact with others.

Beyond the Bubble

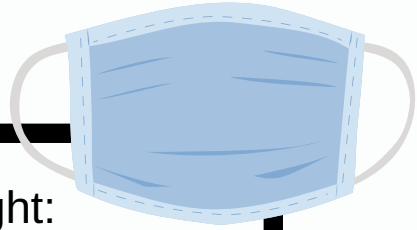
Some folks are attempting socially distanced holiday gatherings outside of their household or “bubble” communities. These are riskier.

HERE ARE SOME STEPS YOU CAN TAKE TO REDUCE (BUT NOT ELIMINATE) RISK:

- Keep invites to fewer than 10 people.
- Host your gathering outside.
- Hold gatherings for less than 2 hours.
- Keep masks on at all times (barring eating and drinking, which should be of short duration).
- Refrain from singing or shouting.

“Maintain social distance wherever possible, even outside.”

ASK GUESTS TO SELF-ISOLATE BEFORE THEY VISIT:



Doing this right:

All members of a household will spend at least 14 days in strict isolation away from any person or place outside of their household, with no visitors allowed.

Sometimes people travel to their destination, then self-isolate in a local hotel or equivalent.

States may have their own guidance, which you can check [here](#).
For local COVID-19 transmission rates, check [here](#).

The Truth About Testing

- **As many as 40%** of people carrying the virus have no symptoms, but are still contagious (asymptomatic) . They won't know they need to be tested, because they feel and seem to be healthy.
- What we know about this virus is still evolving and test accuracy **varies** .
- You can take a test, test negative, and have a false negative (as high as 37%). The virus could be ramping up in your body, but still undetectable or the test may simply be inaccurate.
- Tests appear to be more accurate 5-7 days after exposure.

Caution:

tests are still not completely accurate, even then, and this assumes you know that you were exposed and when.

- You can take a test, but be exposed and become infected while you are out getting tested.

TIP:

- **Costco** has home tests

TRAVELING?



DRIVING

The safest way to travel is to drive, where the main risks are stops along the way like restaurants, gas stations, and public restrooms. It's safest to avoid eating in restaurants or other enclosed public spaces. See "The Basics" above to help you decide how to be out in the world.

OUTINGS

If you want to have an outing, choose a space that is outdoors (pumpkin patch, apple orchard) and follow "The Basics". Be careful about what you touch and be sure to always wash your hands before touching any part of your face or eating food. Make sure to follow "The Basics" above to increase your safety.



IT'S RISKY TO...

- Go shopping in stores, especially just before, during, or just after a holiday.
- Participate in, or be part of a crowd at, a large event (sports, marathon, parade, etc.).
- Attend a party with a large crowd, whether indoors and outdoors.
- Attend large banquets held inside.

