

Thanksgiving and COVID-19

Don't let COVID Have a Seat at the Table



Social Media Samples from the Academic Public Health Volunteer Corps

HOW TO SAFELY CELEBRATE THANKSGIVING DURING COVID

have dinner with only the people who live in your household



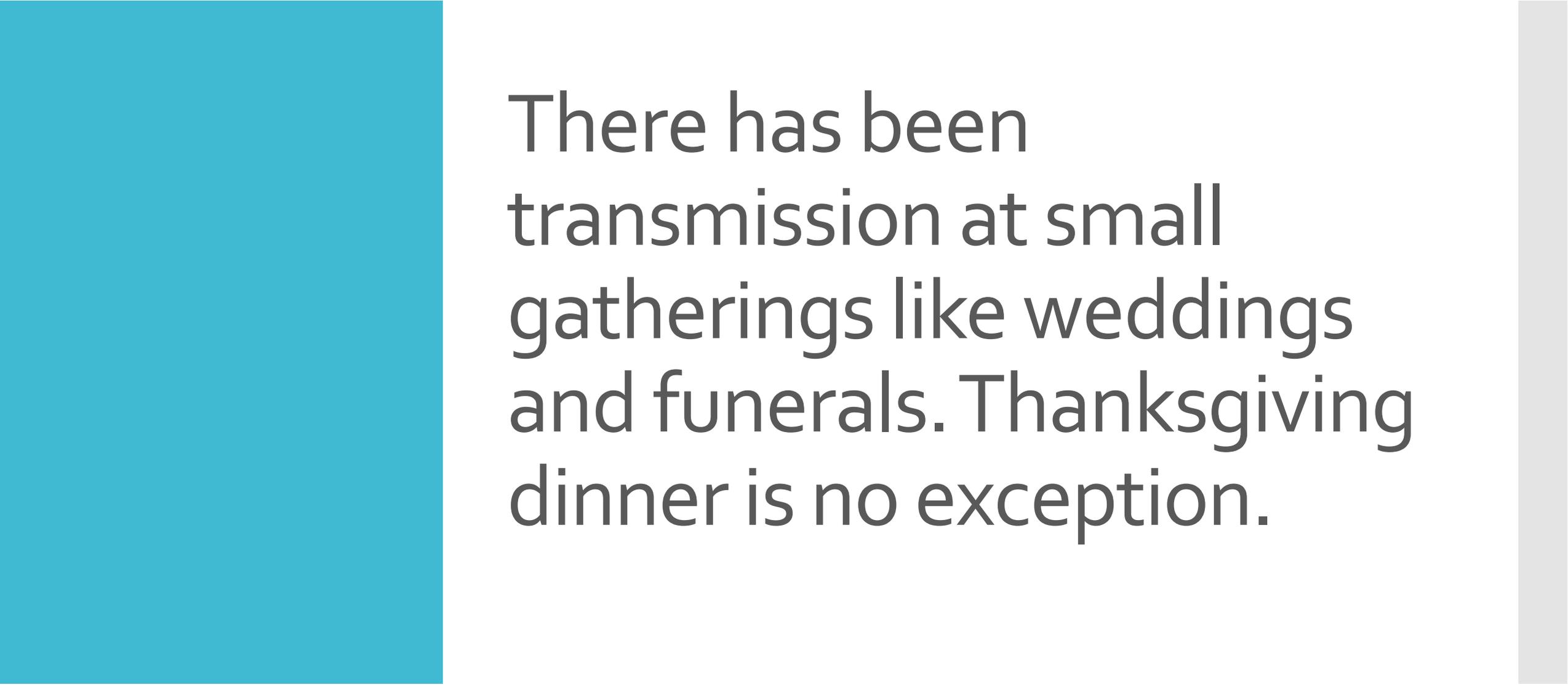
share your recipes with family & friends to cook at their own homes

set up a virtual video call to connect with your family & friends



LEARN MORE ABOUT SAFE HOLIDAY CELEBRATIONS BY VISITING: WWW.CDC.GOV





There has been transmission at small gatherings like weddings and funerals. Thanksgiving dinner is no exception.

Lower Risk Activities (Do's)

(Adapted from
CDC.gov)

- Have a small dinner with only people who live in your household – MA limit is 10 people indoors, as of 11/6/20 order
- Prepare and deliver meals for family and neighbors in a contact-free manner
- Have a virtual dinner and share recipes with friends and family
- Watch sports events and parades from home
- Do your Black Friday shopping online



Moderate Risk Activities

(Adapted from CDC.gov)

- Dinner **outdoors**
 - Remind guests to stay home if they've been exposed in the last 14 days or are showing symptoms
 - Ask guests to avoid contact with people from outside their household for 2 weeks prior
 - Keep different family units at least 6' apart – it's ok for people from the same household to be near each other, but they should be 6' apart from people from other households. If you can't be more than 6' apart, wear a mask.
 - Plan activities for kids where social distancing can be maintained, e.g. sidewalk chalk art or Frisbee
 - When guests arrive, don't hug, shake hands, or even elbow bump. Just wave and say "hi."
 - Provide extra masks and hand sanitizer and use paper towels for drying hands

Moderate Risk Activities (con'td)

(Adapted from
CDC.gov)

- Have a small dinner outdoors with family and friends (cont'd)
 - Encourage guests to bring their own food and drinks. If serving food, have one person serve all the food so multiple people aren't handling the serving utensils.
 - 25 person limit for outdoor gatherings in MA
 - Use single-use options for condiments, or have one person serve them
 - Use disposable plates, cups, napkins, and utensils. Sanitize anything non-disposable like tablecloths, linen napkins, etc.
 - Put masks back on when dinner is done!
- Go hiking, biking, or bird-watching together (as long as you keep your distance)
- You can infect others 1-2 days before you show symptoms, so you could be spreading the virus without even knowing it.

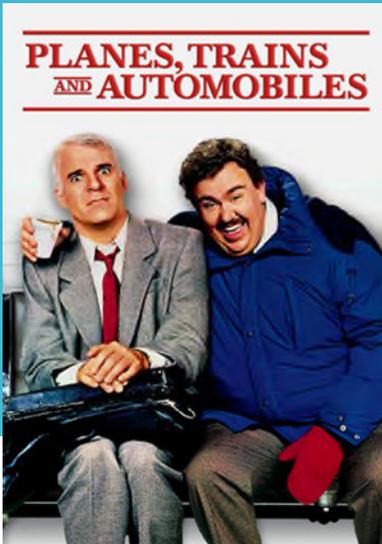
Higher Risk Activities to Avoid (Don'ts)

(Adapted from
CDC.gov)

- Dinner indoors
 - All of the same considerations as eating outdoors plus...
 - Make sure the indoor space is well-ventilated (open a window, if possible).
 - 10 person limit
- Doing your Black Friday shopping in person
- Participating or being a spectator at a crowded race or parade
- Attending large indoor gatherings with people from outside your household



Tips for Traveling



- Research whether the state you're traveling to or the state you're returning to requires a 2-week quarantine when you arrive. <https://www.mass.gov/info-details/covid-19-travel-order>
- Driving may be safer than flying or taking a train
- Wear a mask when using public transportation, including airplanes
- Amtrak has an online "capacity indicator" so you choose to travel at less-crowded times
- Use e-tickets instead of printed ones
- Use the provider's app to check on your gate information, rather than gathering at departure boards
- Buy refundable/exchangeable tickets so you won't feel pressured to carry through if you start to feel sick
- Try to avoid checking your bag, so you don't have to wait in a crowd of people at the luggage carousel at the other end
- Plan for your kids to do remote schooling when you return!

Resources

- MA DPH: www.mass.gov/Thanksgiving2020
- Academic Public Health Volunteer Corps: <https://www.mass.gov/info-details/academic-health-department-academic-public-health-volunteer-corps>
- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#thanksgiving>