

Celebrating Thanksgiving

For full article visit: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>

Traditional Thanksgiving gatherings with family and friends are fun but can increase the chances of getting or spreading COVID-19 or the flu. Take steps to make your Thanksgiving holiday safer!

Wear a mask



Stay at least 6 feet from others who do not live with you



Wash your hands



Attending a Gathering



- Bring your own food, drinks, plates, cups and utensils
- Wear a mask, and safely store your mask while eating and drinking.
- Avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen
- Use single-use options, like salad dressing and condiment packets, and disposable items like food containers, plates and utensils.

Hosting a Thanksgiving Gathering

If having guests to your home, be sure that people follow the steps that everyone can to make Thanksgiving safer.

Other steps include:

- Having a small outdoor meal with family and friends who live in your community
- Limit the number of guests
- Have conversations with guests ahead of time to set expectations for celebrating together
- Clean and disinfect frequently touched surfaces and items between use
- If celebrating indoors, open windows
- Limit the number of people in food preparation areas.
- Have guests bring their own food and drinks
- If sharing food, have one person serve food and use single-use options, like plastic utensils

Thanksgiving Travel

Travel **increases** your chance of getting and spreading COVID-19.

Staying home is the best way to protect yourself and others

If you do travel:

- Check travel restrictions before you go.
- Get your flu shot before you travel.
- Always wear a mask in public settings and on public transportation.
- **Stay at least 6 feet apart** from anyone who is not in your household.
- Wash your hands **often** or use hand sanitizer.
- Avoid touching your mask, eyes, nose, and mouth.
- Bring extra supplies, such as masks and hand sanitizer.



Consider Other Thanksgiving Activities

- Host a **virtual** Thanksgiving meal with friends and family who don't live with you (schedule a time to share a meal)
- Watch television and play games with people in your household (Thanksgiving Day Parades, sports and movies at home or find a fun game to play)
- Shopping (Shop online sales the day after Thanksgiving and days leading up to winter holidays, use contactless services like curbside pick-up.
- Other Activities (Safely prepare dishes and deliver them to family and neighbors using a contactless method, participate in a gratitude activity, like writing down things you are grateful for and sharing with your friends and family)