



Stay safe... stay healthy... be well.

## *Wednesday Wellness Message (11/11/20)*

*This week's wellness message: how to celebrate Thanksgiving safely.  
The safest way to celebrate Thanksgiving is with members of your own household only.  
However, if you choose to do otherwise, please consider these risk-reducing tips.*

***Prior to Thanksgiving consider the following questions:***

- Can we make sure that no one will be in attendance who has underlying conditions that make them more vulnerable to COVID?
- Can we pay even more attention than usual to who we are around and stay faithful to mask wearing and other prevention measures in the weeks before the event?
- Are we sure all the attendees are willing to stay home if they believe they've been exposed to someone with COVID or may have symptoms that could be COVID?

***If the answer to any of these is no, you should reconsider your plans.***

***Because of high asymptomatic and pre-symptomatic community spread of COVID, the following steps are necessary for a healthier Thanksgiving event or trip:***

- Try to quarantine for 5 to 14 days before your event to ensure that you are not exposing anyone there to COVID
- For a quarantine period of less than 14 days, or if someone in your household is unable to also quarantine that length of time, consider testing prior to the event
- Hold your event outdoors; if indoors, make sure the space is well ventilated (open windows/doors, use exhaust fans) and large enough to distance at least 6 feet at all times from people not in your household and farther when eating
- Keep your group small, and the fewer the number of different households the better
- Keep the event short; longer periods of time are more dangerous
- Take all the same precautions you would take in public: wear masks except when eating or drinking, use hand sanitizer, wipe down common surfaces, and do not share utensils
- Consider quarantining and testing a week after the event or if you begin to experience symptoms

***Stay safe. Stay healthy. Be well.***

***And Happy Thanksgiving from all of us to you and yours.***