



COVID-19 SAFETY FOR THANKSGIVING

Thanksgiving is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. If you must travel, be informed of the risks involved.

Lower risk activities

- Having a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others
- Having a virtual dinner and sharing recipes with friends and family
- Shopping online rather than in person on the day after Thanksgiving or the next Monday
- Watching sports events, parades, and movies from home

Moderate risk activities

- Having a small outdoor dinner with family and friends who live in your community
- Lower your risk by following CDC's recommendations on hosting gatherings or cook-outs:
 - Outdoors is safer than indoors (or consider gathering in a garage with doors open or on a porch),
 - Wear a face covering when around anyone who does not live in your home
 - Stay at least 6' from others and wash hands frequently
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing
- Attending a small outdoor sports events with safety precautions in place

Higher risk activities

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Going shopping in crowded stores just before, on, or after Thanksgiving
- Participating or being a spectator at a crowded race
- Attending crowded parades
- Using alcohol or drugs, which can cloud judgment and increase risky behaviors
- Attending large indoor gatherings with people from outside of your household

If you may have COVID-19 or you may have been exposed to someone with COVID-19, you should not participate in in-person festivities. When planning to host a holiday celebration, you should assess current COVID-19 levels in your community to determine whether to postpone, cancel, or reduce the number of attendees.

Learn more holiday tips at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)