

THANKSGIVING RECOMMENDATIONS



DO NOT join Thanksgiving celebrations with others if you have symptoms of COVID-19, or if you have been diagnosed with or exposed to COVID-19. Refrain from joining gatherings if you have pending COVID-19 test results.

- **Flu shot:** Make sure to get your flu shot before attending any Thanksgiving celebrations in order to protect yourself and others.
- **Location:** Remember that outdoor activities are safer than indoor activities. If possible, host or attend Thanksgiving celebrations outdoors. If outdoor space is unavailable, open windows to improve ventilation.
- **Preparation:** Check with the host to see if they have steps in place to prevent the spread of the virus. If you are the host, make sure to set ground rules with your guests on what steps you are taking to comply with safety guidelines.
- **Supplies:** Bring extra face coverings (do not swap or share with others) and hand sanitizer to the gathering with you. If you are the host, provide face coverings for guests and have hand sanitizer stationed throughout your home or venue to promote continuous sanitizing. Make sure to sanitize surfaces before, during and after the event.
- **Serving food:** In order to minimize shared contact with serving utensils, only one person should serve food. Use disposable cups and plates, and label drinks so cups and bottles aren't mixed among guests.
- **Tailgating:** If you plan to tailgate for any football games over the Thanksgiving holiday, remember to treat your preparations largely the same as you would for Thanksgiving. The risk of spread is even higher in areas where cheering and shouting will occur, so make sure to wear a face covering and stick to bumping elbows instead of passing out high fives.
- **Black Friday:** We strongly discourage shopping in person on Black Friday. This year, many retailers are choosing to promote their sales throughout the month, which is a much safer choice. Online shopping is also a great alternative!

KNOW BEFORE YOU GO

- **College students** – get tested! Before you travel home for Thanksgiving break, make sure to get a PCR COVID-19 test 3 – 5 days before you depart, even if you aren't showing symptoms. If possible, continue to quarantine until you are with your family/friends to ensure you don't pick up the virus after testing and before you head to your Thanksgiving destination.
- If you decide to use public transportation to travel for the holiday (i.e. plane, train, etc.), remember that traveling increases your chances of getting and spreading COVID-19 significantly. Make sure to be prepared with a face covering and hand sanitizer at all times. Consider packing sanitizing wipes to wipe down surfaces around you.

