



Montgomery County Thanksgiving Guidance

Montgomery County Office of Public Health (MCOPH) hopes everyone can have a safe and healthy Thanksgiving. The Centers for Disease Control and Prevention (CDC) has outlined some activities according to risk; low, moderate, and high for COVID-19 transmission. MCOPH has reviewed the guidelines set by the CDC and has provided the below guidance to help bring awareness during the holiday season.

General Prevention	
Feeling Ill?	If you are sick, under isolation, or quarantine, STAY HOME!!
Social Distancing	Maintain a distance of at least 6 feet or more from people you don't live with. Be particularly mindful in areas where it may be harder to keep this distance, such as restrooms and other public areas. Minimize gestures that promote close contact. For example, do not shake hands, elbow bump, or give hugs. Instead wave and verbally greet others.
Masking	A face mask or face shield should be worn at all times. A face mask should not leave gaps around your face. Masks cover the nose and mouth and should be secure under your chin.
Cleaning/ Disinfecting	Clean and disinfect commonly touched surfaces and shared items between uses when feasible. Use EPA-approved disinfectants.
Hand Hygiene	Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Risk Level	Thanksgiving Day Activities
Low	<ul style="list-style-type: none"> ➤ 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 does not 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	<ul style="list-style-type: none"> ➤ Having a small outdoor dinner with family and friends who live in your community. ➤ 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 sporting event with safety precautions in place.
High	<p>AVOID these higher risk activities to help prevent the spread of COVID-19:</p> <ul style="list-style-type: none"> ➤ Attending large indoor gatherings with people from outside of your household. ➤ 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 judgement and increase risky behaviors.

*Currently, there is no evidence to suggest that handling food or eating is associated with directly spreading COVID-19. It is possible that a person can get COVID-19 by touching a surface or object, including food, food packaging, or utensils that have the virus on it and then touching their own mouth, nose, or possibly their eyes. However, this is not thought to be the main way that the virus is spread. Remember, it is always important to follow good hygiene to reduce the risk of illness from common foodborne germs.

Holiday Travel

Traveling on planes, trains, public transportation, etc. will increase your chances of catching and/or spreading COVID-19.

Staying home is the best way to protect yourself.

Remember you and your travel companions could spread the virus to other people including family, friends and the community for 14 days after you were exposed to the virus. You may not be sick or have symptoms but you can still spread COVID-19 if infected to others.

- Do not travel if you are sick or have been around someone with COVID-19 in the past 14 days.
- Wear a mask in public settings and on public transportation.
- Avoid close contact by staying at least 6 feet apart.
- Wash your hands often or use hand sanitizer with at least 60% alcohol.
- Avoid contact with sick people.
- Avoid touching your eyes, nose, and mouth.
- Be aware of family and friends who may be at an increased risk for severe illness from COVID-19.

If you must travel stay informed as to the latest information for travelers on:

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>

Lowest Risk	<ul style="list-style-type: none">➤ Staying home is the best way to protect yourself and others from COVID-19➤ Short trips by car with members of your household with no stops along the way
More Risk	<ul style="list-style-type: none">➤ Longer trips by car or RV with one or more stops along the way
Even More Risk	<ul style="list-style-type: none">➤ Trips by car or RV with people who are not in your household➤ Long-distance train or bus trips➤ Direct flights
Highest Risk	<ul style="list-style-type: none">➤ Flights with layovers➤ Traveling on a cruise ship or river boat