



## Tips to lower your risk

### 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](#).
- 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 judgement and increase risky behaviors
- Attending large indoor gatherings with people from outside of your household

- Have a remote Thanksgiving celebration
  - If you are making dinner you can drop off a meal in Tupperware and meet via Zoom.
- Have a smaller gathering
  - If indoors, ventilate air- open windows.
  - Make it quick- the longer you spend in close contact, your risk increases.
  - Can guests quarantine before?
  - Wear masks, social distance, frequent handwashing.
  - Let everyone know at gathering if symptoms develop everyone should be notified asap.

*Caretakers of the medicine, protectors of your health*

