

# GUIDANCE for a SAFE *Thanksgiving*

Clear Creek County Public & Environmental Health

November 2020

As COVID-19 cases continue to rise throughout Colorado, it's important to do everything possible to keep yourself and your loved ones safe while celebrating Thanksgiving. The Colorado Department of Public Health & Environment (CDPHE) advises Coloradans to only interact in-person with people from their household to help slow the alarming spread of COVID-19 and to keep our hospitals able to care for those in need.

## Recommendations for Thanksgiving celebrations

- **Don't** travel to visit family and friends in other households.
- **Do** cook and eat a special meal with members of your immediate household.
- **Do** wear a mask and keep 6 feet of distance from others while shopping.
- **Do** video chat or talk on the phone with friends and family who don't live with you. Here's a helpful link for hosting a virtual gathering:

<https://www.goodmorningamerica.com/living/story/expert-advice-hosting-hassel-free-virtual-thanksgiving-73976219>



See all CDPHE Thanksgiving guidelines– <https://covid19.colorado.gov/thanksgiving> and more resources on holiday celebrations from the Centers for Disease Control and Prevention (CDC)– <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>.

## ALTERNATIVE IDEAS FOR THE 2020 HOLIDAYS

### Relax with a movie marathon

Here's a list of Thanksgiving-themed movies–  
<https://www.countryliving.com/life/entertainment/g4684/family-thanksgiving-movies/>

### Practice gratitude

Take some time to slow down and be grateful–  
<https://www.pbs.org/parents/practicing-gratitude>

### Take it easy & order take-out

Support local restaurants–  
<http://idahospringschamber.org/business-help/takeout-takeover>

### Skip the crowds

Avoid the crowds and shop online or at small local stores– <https://visitclearcreek.com/santa-stockings/>

## TRAVEL GUIDANCE FOR COLLEGE STUDENTS & OTHERS

### TRAVEL IS NOT RECOMMENDED.

- Traveling increases your chance of getting and spreading COVID-19 because you are in contact with more people in more places. **Staying home is the best way to protect yourself and others.**
- Adults and children may catch or spread COVID-19 to or from others – including travel companions, those they are visiting, and members of the various communities they travel through – for 14 days after being exposed to the virus.
- This is an especially important consideration for multi-generational gatherings. The elderly and those with underlying health issues are most vulnerable, but everyone is at risk of contracting the highly contagious coronavirus, even the very young and very healthy.

**DO NOT TRAVEL IF YOU ARE SICK, HAVE TESTED POSITIVE OR HAVE HAD A CLOSE CONTACT WITH SOMEONE WHO HAS COVID-19 IN THE PAST TWO WEEKS. IF YOU BELIEVE YOU HAVE COVID-19 OR HAVE BEEN EXPOSED, YOU SHOULD SELF-ISOLATE, SEEK THE ADVICE OF A PUBLIC HEALTH EXPERT IMMEDIATELY AND REPORT TO YOUR LOCAL PUBLIC HEALTH AUTHORITY.**

**IF YOU MUST TRAVEL:**

- Wear a mask, including while in all public spaces such as airports, transportation stations, gas stations, etc.
- Avoid touching surfaces such as turnstiles, ticket scanners, kiosks, elevator buttons, seats and benches.
- If you must touch surfaces, wash your hands for 20 seconds with soap and water as soon as you can or use a hand sanitizer containing at least 60% alcohol.
- Maintain at least 6 feet between yourself and others as much as possible. Look for floor decals or signs to help you space yourself apart from others. Avoid standing in groups, such as at bus or train stops.
- Don't ride in a small space, such as a taxi, with others who are not wearing a mask, and limit the number of people in a vehicle as much as possible.
- Air inside of an airplane is filtered to help prevent the spread of COVID-19. However, physically distancing inside of an airplane can be challenging, which increases your risk of exposure.
- When possible, such as when traveling by car, open windows or set the air conditioning setting to the non-recirculation mode to improve ventilation.
- Disinfect surfaces in personal vehicles before and after a trip.
- When you arrive at your destination, wash your hands or use a hand sanitizer. You may want to change and wash your clothes and disinfect your luggage.
- After anyone travels via plane, train, bus or car – either to or from their destination – it is recommended that they self-quarantine for two weeks. Check with your employer and/or student's school for travel/quarantine requirements.

**YOU SHOULD GET TESTED IF:**

- You have been in close contact with someone who has tested positive for COVID-19.
- You are or will be in close contact with a member(s) of the vulnerable population.
- You are experiencing one or more COVID symptoms, which typically appear 2-14 days after exposure.

**KNOW THE SIGNS OF COVID-19:**

Symptoms typically include:

- fever or chills
- cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- headache
- new loss of taste or smell
- sore throat
- congestion or runny nose
- nausea or vomiting
- diarrhea

To schedule a free test, please call the  
County's COVID-19 APPOINTMENT LINE  
303-670-7528

For the current testing schedule—  
<https://www.clearcreekcounty.us/1226/COVID-19-Testing>

**More resources on holiday travel from CDC—**

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>



**STAY HEALTHY. STAY INFORMED. STAY OPEN.**

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