



# Staying Safe During the Holidays: Thanksgiving

If you participate in a celebration, keep your family and friends safe by following public health guidance.

Anytime you're near people you don't live with:



Wear a mask



Stay 6 feet apart



Wash your hands

Lower risk Celebrations

## STAY OUTSIDE

If you do gather, stay outdoors in well ventilated spaces to reduce the risk of transmission

## SHORT

Keep gatherings short, longer gatherings post more risk

## SMALL

Keep gatherings small. Per the Governor's Order, indoor gatherings at private residences are limited to 10 people and outdoor gatherings at private residences are limited to 25 people.

## STABLE

Limit gatherings to only people you live with, or a small group of individuals with whom you are regularly in contact

Higher risk Celebrations

## TRAVEL

Traveling increases the risk of transmission. If you must travel, it is recommended that you:

1. Minimize contact with other people 14 days before and after holiday travel
2. Get a flu shot prior to travel
3. Obtain a negative PCR test result within 72 hours of travel ( visit [mass.gov/gettesting](https://mass.gov/gettesting) to learn how)

## CROSS COMMUNITY SPREAD

Help keep Westwood safe by considering the number and rate of COVID-19 cases in the community where you might celebrate. Higher levels of COVID-19 cases and community spread in the gathering location, as well as where attendees are coming from, increase the risk of infection and spread among attendees.

Activities to Avoid

## SHARING FOOD & DRINK

Avoid sharing food and drinks. Guests should bring their own food and drinks.

## SHAKING HANDS & HUGGING

Avoid shaking hands, hugging, or other physical touch with people you do not live with. Wave from a distance and verbally greet people instead.

## SHOPPING

Avoid going shopping in crowded stores just before, on, or after Thanksgiving. Shop online instead.

## SYMPTOMATIC PERSONS

Do not attend a gathering if you or someone in your household is not feeling well or experiencing any COVID-19 symptoms