

PARSH NURSE HEALTHY NOTES – October 2020

October is Halloween

The coronavirus is still posing a serious threat, so what does that mean for Halloween? The CDC has issued new guidelines on how to celebrate the holiday. Good news for fans of the spooky season---you don't have to cancel Halloween or Trick or Treating all together. You might just have to replace some of the higher risk activities with less risky choices.

If you may have COVID-19 or you may have been exposed to someone with COVID-19, you should not participate in in-person Halloween festivities and should not give out candy to Trick-or-Treaters.

Lower Risk Activities:

- Carving or decorating pumpkins with members of your household and displaying them
- Carving or decorating pumpkins outside at a safe distance, with neighbors or friends
- Decorating your house, apartment, or living space
- Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance
- Having a virtual Halloween costume contest
- Having a Halloween movie night with people you live with
- Having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house

Moderate Risk Activities:

- Participating in one-way trick-or-treating where individually wrapped goodie bags are lined up for families to grab and go while continuing to social distance (such as at the end of a driveway or edge of a yard)
- Having a small group, outdoor open-air costume parade where people are 6-feet apart
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples. Wearing masks is encouraged and people maintain social distancing

Clean.....Distance.....Cover