

A Guide to Gathering:

# THANKSGIVING TIP SHEET

**We know how important it is to celebrate holiday traditions and connect with loved ones, especially during these challenging times. To protect our friends and family from COVID-19, we need to adapt our Thanksgiving traditions this year. Look for opportunities to reduce your exposure in the weeks leading up to Thanksgiving and choose low-risk activities to keep yourself and others safe.**



## Low Risk

- Celebrate at home with the people you live with.
- Connect with loved ones via video chat or phone calls.
  - *Eat dinner together via videoconference.*
  - *Host a virtual game night.*
- Shop online and use curbside pickup or delivery services instead of shopping and eating indoors.
- Cook traditional foods at home to enjoy the familiar tastes and smells of the holiday.
- Prepare food or care packages and deliver them to loved ones outside your household.
- Watch parades, football, or Thanksgiving movies on TV.



## Medium Risk

- Visit with friends or family outdoors in an area where you can practice physical distancing.
- Gather with a small group for a modified Thanksgiving.
  - *Limit your exposure as much as possible in the weeks leading up to Thanksgiving.*
  - *Refrain from close contact like hugging and kissing.*
  - *Gather without sharing a meal, or have guests sit at tables with only the people they live with. Space tables at least 6 feet apart.*
  - *Wear masks over your nose and mouth when you are not eating.*
  - *Have one person serve the food to stop the spread of germs on frequently touched surfaces.*
- Shop when stores are not crowded.
- Attend parades or sporting events where you can maintain physical distancing.



## High Risk

- Attend Thanksgiving dinners or large gatherings with people from multiple households.
- Travel to visit loved ones in other cities.
- Shop when stores are crowded.
- Participate in crowded sporting events or races.
- Eat or drink in crowded bars or restaurants.

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**For more information on COVID-19 in Missouri and what you can do to #stopthespread, visit [oneforallmo.com](https://oneforallmo.com) or contact your local public health experts.**

