



# Guidance for Celebrating Thanksgiving

This guidance is designed to help curb the spread of COVID-19. It will be reassessed and updated as the situation evolves and we learn more in the weeks leading up to Thanksgiving.

## At All Events/ Activities



**Wear a face covering.**



**Sanitize hands often.**



**Maintain six feet distance from others.**

## Recommended Activities:

Thanksgiving will undoubtedly need to be different this fall to prevent the spread of the virus that causes COVID-19.

- Be creative in ways of showing thanks
- Celebrate virtually with those who do not live in your household
- Stay home and limit travel. Travel increases the risk of getting and spreading COVID-19. Avoid flying and if you must travel, be informed of the risks involved
- It is important to protect older individuals, immunocompromised people, and people with medical conditions. Find ways to connect and show gratitude that limit contact with those outside of your household
- If you have a gathering, be mindful of the location, outdoors is best. Avoid confined spaces.
- Limit the size of the gatherings. Gatherings with more people pose more risk than gatherings with fewer people

## Consider safe alternatives:

- Having a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors and delivering them in a way that does not involve contact with others
- Having a virtual dinner with family and friends
- Sharing recipes virtually
- Shopping online this Holiday season
- Watching sporting events, parades and movies from home with only the people who live in your household.

## Avoid high risk activities:

- Traveling
- Attending large gatherings of any kind
- Shopping at crowded stores just before, on, or after Thanksgiving
- Participating or being a spectator at a crowded race or large sporting event
- Using drugs or alcohol in excess, which can cloud judgement and urge risky behavior

## Reminder

Do not participate in any in-person festivities if you or anyone in your household:

- Has been diagnosed with COVID-19 and has not met the criteria for when it is safe to be around others
- Has symptoms of COVID-19
- Is waiting for COVID-19 viral test results
- May have been exposed to someone with COVID-19 in the last 14 days
- Is at increased risk of severe illness from COVID-19






If you are at increased risk of severe illness from COVID-19, or live or work with someone at increased risk of severe illness, you should:

- Avoid in-person gatherings with people who do not live in your household.
- Avoid all large gatherings and consider participating in activities that pose lower risk.


[KYCOVID19.KY.GOV](http://KYCOVID19.KY.GOV)

**TEAM KENTUCKY SAVING LIVES**

IN EFFECT FRIDAY, NOV. 20 - SUNDAY, DEC. 13

<p><b>RESTAURANTS &amp; BARS</b></p> <p><b>✗ NO INDOOR DINING</b>      <b>✓ DELIVERY, TO-GO &amp; OUTDOOR DINING</b></p>  	<p><b>INDOOR SOCIAL GATHERINGS</b></p> <p><b>✗ NO MORE THAN 2 HOUSEHOLDS</b>      <b>✓ SOCIAL GATHERINGS UP TO 8 PEOPLE</b></p>  
<p><b>GYMS, FITNESS/REC CENTERS &amp; POOLS</b></p> <p><b>✗ NO GROUP CLASSES</b>      <b>✓ UP TO 33% OCCUPANCY</b></p>  	<p><b>RETAIL</b></p> <p><b>✗ NO SEATING AREAS</b>      <b>✓ UP TO 50% OCCUPANCY</b></p>  
<p><b>INDOOR VENUES, EVENT SPACES &amp; THEATERS</b></p> <p><b>✗ NO MORE THAN 25 PEOPLE PER ROOM</b>      <b>✓ EVENTS UP TO 25 PEOPLE PER ROOM</b></p>  	<p><b>BARBERSHOPS, SALONS, NAIL SALONS &amp; TATTOO PARLORS</b></p> <p><b>✗ WAITING AREAS REMAIN CLOSED</b>      <b>✓ UP TO 50% OCCUPANCY</b></p>  

EFFECTIVE DATES LISTED BELOW

<p><b>SCHOOLS</b></p> <p><b>ALL PUBLIC AND PRIVATE SCHOOLS (K -12) CEASE IN-PERSON INSTRUCTION BEGINNING NOV. 23</b></p> 	<p><b>MIDDLE, HIGH SCHOOLS WILL REMAIN IN REMOTE INSTRUCTION UNTIL JAN. 4, 2021</b></p> <p><b>ELEMENTARY SCHOOLS MAY REOPEN ON DEC. 7 IF THEIR COUNTY IS NOT IN THE RED ZONE AND THE SCHOOL FOLLOWS ALL HEALTHY AT SCHOOLS GUIDANCE</b></p>
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CURRENT GUIDANCE AND ORDERS FOUND AT THE HEALTHY AT WORK WEBSITE: [GOVSTATUS.EGOV.COM/KY-HEALTHY-AT-WORK](http://GOVSTATUS.EGOV.COM/KY-HEALTHY-AT-WORK)

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**The Estill County Health Department**

