

## Guidance for Celebrating Thanksgiving



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

Traditionally, many families travel long distances to celebrate Thanksgiving together, but this year, **staying home** is the best way to protect yourself and others. [Travel](#) increases the chance of getting and spreading the virus that causes COVID-19.

Avoid flying and if you must travel, be informed of the [risks involved](#). Even if you aren't travelling for the holiday, avoid activities like crowded, indoor dinners that are **high risk**, especially for seniors, immunocompromised individuals, and people with medical conditions. **Consider fun alternatives** that pose lower risk of spreading the virus that causes COVID-19.

Please visit <http://www.kycovid19.ky.gov> for guidance, incidence rate maps, and other information. Centers for Disease Control and Prevention (CDC) guidance for holiday celebrations, including **Thanksgiving**, can be found on the [CDC's website](#).

### Lower risk activities

- **Having a small dinner** with only people who live in your household
- **Preparing** traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others
- **Having a virtual dinner** and sharing recipes with friends and family
- **Shopping online** rather than in person on the day after Thanksgiving or the next Monday
- **Watching** sports events, parades, and movies from home with only people who live in your household

### Moderate risk activities

- **Having a small outdoor dinner** with family and friends who live in your community
  - Lower your risk by following CDC's recommendations on [hosting gatherings or cook-outs](#).
- **Visiting** pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is required, and people are able to maintain social distancing
- **Attending a small outdoor** sports event with safety precautions in place

### Higher risk activities

**Avoid** these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- **Going shopping** in crowded stores just before, on, or after Thanksgiving
- **Participating** or being a spectator at a crowded race or large sporting event
- **Attending** crowded parades
- **Using** drugs, or alcohol in excess, which can cloud judgement and urge risky behavior
- **Attending large indoor gatherings** with people from outside of your household

## The risk of virus spread at holiday celebrations

**Celebrating virtually or with members of your own household poses low risk for spread.** In-person gatherings pose varying levels of risk. Event organizers and attendees should consider the risk of virus spread based on event size and use of mitigation strategies, as outlined in the [Considerations for Events and Gatherings](#).

**It is important to protect older individuals, immunocompromised people, and people with medical conditions.** There are several factors that contribute to the risk of becoming infected or infecting others with the virus that causes COVID-19 at a holiday celebration. In combination, these factors will create various amounts of risk, so it is important to consider them individually and together:

- **Community levels of COVID-19** – 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. Family and friends should consider the number and rate of COVID-19 cases in their community and in the community where they plan to celebrate when considering whether to host or attend a holiday celebration. Information on the number of cases in an area can be found on the area's [health department](#) website.
- **The location of the gathering** – Indoor gatherings generally pose more risk than outdoor gatherings. Indoor gatherings with poor ventilation pose more risk than those with good ventilation, such as those with open windows or doors.
- **The duration of the gathering** – Gatherings that last longer pose more risk than shorter gatherings.
- **The number of people at the gathering** – Gatherings with more people pose greater risk than gatherings with fewer people. CDC does not have a limit or recommend a specific number of attendees for gatherings. The Kentucky Cabinet for Health and Family Services, however, provided a directive on July 20, 2020 limiting gatherings to 10 people or fewer. [https://governor.ky.gov/attachments/20200720\\_Order\\_Mass-Gatherings.pdf](https://governor.ky.gov/attachments/20200720_Order_Mass-Gatherings.pdf)
- **The behaviors of attendees prior to the gathering** – Gatherings with attendees who are not adhering to social distancing (staying at least 6 feet apart), wearing masks, washing hands, and engaging in other preventative behaviors pose more risk than gatherings with attendees who are engaging in these preventative behaviors.
- **The behaviors of attendees during the gathering** – Gatherings with more preventive measures in place, such as mask wearing, social distancing, and hand washing, pose less risk than gatherings where fewer or no preventative measures are being implemented.

## People who should not attend in-person holiday celebrations

### People with or exposed to COVID-19

**Do not host or 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

### People at increased risk for severe illness

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 larger gatherings** and consider attending activities that pose lower risk (as described previously) if you decide to attend an in-person gathering with people who do not live in your household.

**Local COVID-19 guidance provided by  
The Estill County Health Department**



## UK should have been in Top 5



by Larry Vaught

Blue Ribbon College Basketball Yearbook publisher Chris Dortch doesn't deny that his publication has Kentucky too low in the preseason rankings.

Coach John Calipari's team is ranked 13th. But Dortch and his staff had to make their rankings before they knew if Wake Forest transfer Olivier Sarr would be eligible to play for UK or not

"Our ranking did not reflect his eligibility," Dortch said. "If we had known for sure (he would be eligible), they would have been elevated into the top five."

Now that Sarr is eligible, Dortch has no doubt what kind of impact he'll make for Kentucky.

"I think he is the best transfer Cal has ever had and I don't care where he's been," Dortch, who also writes for NBA.com, said. "He is more skilled than most realize and I have watched a ton of film on him."

"He can face up (to the basket) and score. He can pass. He can run the floor in transition. You can throw it down low to him and he can get a basket that way."

"I think he will easily be one of the top five to eight impactful transfers in the country. I just don't think Cal has ever had a better transfer. He's a great kid and great teammate. He definitely elevates Kentucky into a top five situation in my mind."

"Kentucky is right there with the best teams in the country now that Sarr is eligible."

Assistant coach Jai Lucas says not to underestimate the leadership both Sarr and Creighton transfer Davion Mintz add.

"When you have younger kids and younger teams, some of the stuff from high school takes a while to get rid of," Lucas said. "But I think the one thing that those two have done is just been able to kind of add that sense of seriousness, if that's the right word, to getting prepared for practice and what we're trying to do and what we're trying to accomplish for that day. It's very important."

### UK Pro Day

Kentucky held its annual Pro Day last week to give John Calipari's players a chance to make an early impression with NBA scouts. It also gave Calipari a chance to show off his team to the nation during a 90-minute show on the SEC Network.

However, ESPN analyst Jay Bilas says Pro Day is not all that helpful to NBA scouts. He says it's just another "data point" for the scouts.

"It's a great marketing tool. In the past you got NBA people on campus and that created a lot of

interest. I think it is a fun thing for players and they enjoy it," Bilas said. "Nothing but a good thing. It's an early job interview"

"But I don't know of any great value. The best value is how you perform in practice. I have not been to one (practice at UK) where NBA scouts were not there. They are there all the time. A lot more goes into any decision to go pro, get drafted than Pro Day."

### Calipari on Podcast

Kentucky coach John Calipari will be interviewed on an episode of the podcast "How Leaders Lead" with David Novak that will be available starting Nov. 19

"How Leaders Lead" launched in July and has been in the top one percent of Business podcasts on Apple. David Novak is the Founder and former CEO of Yum! Brands (KFC, Taco Bell, and Pizza Hut) and since his retirement has created a leadership development company (David Novak Leadership) and leadership podcast.

It's a unique interview with several stories that Calipari has not shared before where he talks about communication, trust and building a successful team.

Novak talks with business, sports and entertainment leaders. His most recent podcast was with golf legend Jack Nicklaus, who won 117 tournaments during his 44-year pro career.

Go to this link for the Calipari interview: <https://howleaderslead.com/coachcal>.

### Elzy is Elevated

Associate coach Kyra Elzy was elevated to interim coach when Kentucky women's head coach Matthew Mitchell suddenly retired from coaching last week due to health concerns. He had been UK's head coach the last 13 years.

Kentucky opens the season Nov. 25 — less than two weeks after Mitchell's resignation.

Kentucky athletics director Mitch Barnhart, who hired Mitchell, said if he didn't think Elzy would be the "long term solution or thought" he would not have named her interim coach.

"Usually in an interview process you have the opportunity to spend a little time going through a couple of different conversations and just talking philosophically and making sure that you're aligned, and I haven't had the opportunity, because of COVID and how fast this occurred," Barnhart said.

"I didn't get a chance to have those conversations with Kyra, and I think that is an important step, in just making sure that you're aligned philosophically and the way we're trying to build our culture and our program, and just making sure that we're thoughtful in that."

"I think that is part of my due diligence, and the thing that I am responsible for as the athletic director, and she understands that, and I think that is a step we all have to take."

Barnhart recalled Elzy

sitting in his office about a year ago talking about what it would take for her to become a head coach.

"I think she knew the answer before she asked the question because she is really smart. She is prepared and she has a game plan, I just want to know what the game plan looks like," Barnhart said. You know, just like any coach, you don't walk in without a game plan, and as the athletic director, I'd like to know what the game plan is."

Barnhart is not going to set a timeline for when he'll meet with Elzy to discuss more because he wants her focused on getting this season started.

"She has worked really hard over the last six months, and she is ready. We're ready to enjoy the fruits of her labor and how hard she has prepared," Barnhart said.

### Quotes of the Week

**Quote of the Week:** "Really everyone. I can name some ... Davion (Mintz), Devin (Askew), BJ (Boston), Dontae (Allen), Terrence (Clarke). Really everyone can fill up the stat sheet from 3. I don't think it will be a concern by the time the season starts," redshirt freshman forward Zan Payne on UK's best shooters this season.

**Quote of the Week 2:** "Honestly, I haven't gotten that far, but I am sure the staff and/or the players will find something for me that they designate as cool, so I know they will hook me up, I am confident," UK women's interim coach Kyra Elzy on a potential walk-out song for her at home games.

**Quote of the Week 3:** "It is a different year and we have to do the very best we can. Obviously, we love getting guys to campus as many times as possible. That's helped us have the success in the past. It is hard for us because we believe in cultivating those relationships and it has been hard to do," Kentucky coach Mark Stoops on COVID-19's impact on recruiting.

### Tisdale Among Top

Safety Vito Tisdale of Bowling Green was one of the top players in Kentucky's 2020 signing class and drew consistent praise during preseason drills. He's played only a limited role this season and had his best game when he made three solo tackles against Tennessee.

"I think he has obviously started to grow into our system and his job responsibility," Kentucky defensive coordinator Brad White. "He can bring a twitch and dynamic playmaking."

White said Tisdale's lack of playing time has not diminished anything about his future and not to read too much into the number of snaps he's had this season.

"It is more looking at what he can be as a player as he develops in our systems and gets comfortable and gets his feet under him," White said.

The defensive coordinator compared him to redshirt freshman linebacker JJ Weaver who played sparingly in 2019 and has blossomed into a consistent playmaker this season.