



**PRESS RELEASE**

**FOR IMMEDIATE RELEASE**

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## **Safely Celebrate the Thanksgiving Holiday During the COVID-19 Pandemic**

The Guilford County Division of Public Health (GCDPH) reminds residents that COVID-19 cases continue to rise in Guilford County. It is important to remain cautious and follow recommended public health measures to prevent the further spread of COVID-19 during the upcoming Thanksgiving holiday.

"To keep everyone safe during this year's Thanksgiving holiday celebration, residents should stay home and celebrate with people who live in their home. Avoid inviting family and friends to your residence as COVID-19 can easily spread from person-to-person. Alternative ways to observe the holiday, such as hosting a virtual celebration, are the best ways to protect yourself and others from COVID-19," said Dr. Iulia Vann, Public Health Director. "In addition, please always protect yourself and your loved ones by following the **3Ws**: **Wear** (A Cloth Face Covering); **Wait** (Stand 6 Feet Apart/Avoid Close Contact); and **Wash** (Wash Your Hands or Use Hand Sanitizer)."

To make Thanksgiving safer, follow the Center for Disease Control and Prevention's COVID-19 holiday safety tips:

- Host a virtual Thanksgiving meal with friends and family who don't live with you.
- Have people share recipes and show their turkey, dressing, or other dishes they prepared virtually.
- Participate in a gratitude activity, like writing down things you are grateful for and sharing with your friends and family while everyone is online together.
- Safely prepare traditional dishes and deliver them to family and neighbors in a way that does not involve contact with others (for example, leave them on the porch).
- Go on a family walk or bike ride to get some fresh air before your Thanksgiving meal.

If Attending a Gathering:

- Bring your own food, drinks, plates, cups, and utensils.
- Wear a mask and put it back on after eating and drinking.
- Avoid going in and out of the kitchen where food is being prepared or handled.
- If you are traveling, check travel restrictions, get your flu shot, wear a mask, social distance, and wash hands often in public places.

If Hosting a Gathering:

- Plan for the meal to be outdoors or open windows if dining indoors.
- Limit the number of guests to no more than 10 people as directed by the North Carolina's Phase 3 order.
- Talk with guests about expectations for celebrating together beforehand.
- Clean and disinfect frequently touched surfaces and items between use.
- Limit the number of people in food preparation areas.
- Have guests bring their own food and drink.
- Have one person serve food and use single-use options, like plastic utensils.

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