



2019 Novel Coronavirus [COVID-19]

phd3.idaho.gov/covid19

Thanksgiving and Black Friday Guidelines

Fall has arrived, and that means football, trips to the orchards, Black Friday shopping, and visiting family for Thanksgiving. Be ready to keep yourself and your loved ones safe. Choose lower risk activities and plan to keep 6' physical distance, wash hands often, and use a cloth face covering when physical distancing is not possible.

If you do not feel well, have a respiratory or gastrointestinal illness, or may have been exposed to someone with COVID-19, you should not participate in in-person Thanksgiving festivities or Black Friday shopping.

Lower-Risk Activities

- Have 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 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

Moderate Risk Activities

- Having a small outdoor dinner with family and friends who live in your community
 - Lower your risk by following the CDC's recommendations on Hosting gatherings or cook outs <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html#gatherings>
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching produce, wearing masks, and people are able to maintain social distancing
- Attending a small outdoor sports events with safety precautions in place

*This document was created 10/07/2020 and was adapted from guidance available at:
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#thanksgiving>.*



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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
- Attending crowded parades
- Attending large indoor gatherings with people from outside of your household



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For current COVID-19 information visit <https://phd3.idaho.gov/covid19>. The COVID-19 Hotline is available Monday-Friday 8:00 AM-5:00 PM (208) 455-5411

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