



Thanksgiving & COVID-19

A safe Thanksgiving during the COVID-19 pandemic will look and feel a little different this year. Traditionally, Thanksgiving is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Avoid travel if possible.

Staying home and avoiding travel is the best way to protect yourself and others. Santa Barbara County Public Health would like to share information on how to take part in this holiday in a manner that reduces the risk of spreading COVID-19.

Personal Protection Measures. Regardless of how you choose to celebrate the holidays it is important to keep the following in mind:

1. Correctly wear a cloth face covering to prevent disease spread when outside your home and around others that are not part of your household.
2. Avoid confined spaces – Actively stay away from indoor spaces that don't allow for easy distancing of at least 6ft between you and others.
3. Avoid close contact – Stay at least 6 feet away from all other people who are not part of your own household, especially while talking, eating and drinking.
4. Remain outdoors as much as possible when socializing with people not in your household.
5. Wash or sanitize your hands often.
6. Clean frequently touched items regularly.
7. If you are sick, or you have been in contact with someone who is sick with COVID-19 or has symptoms of COVID-19 stay home, away from others, and get tested.

MAKE SMART CHOICES AND FOLLOW THE GUIDELINES. LET'S KEEP OURSELVES AND OUR CLIENTS SAFE THIS HOLIDAY SEASON!

Thank you!

SPS Team