

HAVING A COVID-SAFE THANKSGIVING

Guidance for Families and Individuals



This guide offers ideas on how to reduce your risk of COVID-19 while celebrating Thanksgiving with extended family and/or friends.

Many generations often gather to celebrate Thanksgiving, so think about everyone's risk for COVID-19. Take extra precautions if there are people who are not fully vaccinated and/or who are at a higher risk of getting severe disease if they get infected (such as **older adults** and those with **certain medical conditions**). If everyone attending is fully vaccinated, the risk of the COVID-19 virus being transmitted is significantly reduced.

The safest option is to gather-in person only with members of your household and to celebrate virtually with other family and friends. Consider this option if you have loved ones who have weak immune systems or who are not fully vaccinated and at high risk of severe COVID-19 disease.



TIPS FOR A SAFER IN-PERSON THANKSGIVING GATHERING:

For the many people wishing to celebrate in-person, the suggestions below provide added layers of protection. Use your good judgment to reduce the risk of COVID-19 among your family and friends.

Remember that COVID-19 spreads more easily in:

- **Closed spaces** with poor airflow
- **Crowded places** where there are many people from different households
- **Close contact** settings especially where people are talking or laughing close together.

Planning Ahead

- **Get vaccinated now** because it takes several weeks for the COVID-19 vaccines to be fully effective. Getting the vaccine now will help to protect you and your loved ones for Thanksgiving and for the upcoming winter holidays. Encourage **eligible** family members to get the COVID-19 vaccine as soon as possible. This includes recommended additional doses or booster doses. Encourage everyone to get their flu vaccine too.
- **Stay local** until everyone in your household is fully vaccinated. If you travel with unvaccinated family members, including young children, follow **travel guidance**. This includes completing quarantine before joining the holiday gathering.
- **Gather outdoors if possible**. Outdoors is safer than indoors, especially when masks are off for eating and drinking. If you can, plan to have at least the drinks and meal outside. If outdoors isn't possible or practical, improve the air flow indoors. Open windows and doors, use fans and portable air cleaners, run heating and air. Be sure to upgrade or replace filters (see **CDPH fact sheet**).
- **Keep your gathering small**. Avoid mixing with many different families. Don't be afraid to ask about people's vaccination status and recent risks before joining a Thanksgiving gathering.
- **Take extra precautions** if you will be gathering with people from other parts of the county or from different households that include unvaccinated people or those at high risk of severe illness. Keep your **COVID-19 risk low** for a couple weeks before (e.g., avoid crowded indoor spaces) and/or get tested before joining the group. Plan to get a **viral test** as close to the event as possible. A rapid test, including a self-test could be used for this purpose. If you get a laboratory PCR test, make sure that the result will be back in time.

For more information, visit ph.lacounty.gov/covidtests

VaccinateLACounty.com



COUNTY OF LOS ANGELES
Public Health
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On Thanksgiving (Or When Your Gathering Begins)

- **Stay away if sick.** If you are sick, have symptoms, or have a positive test, stay away from others. Don't host or attend the in-person gathering.
- **Get a COVID-19 test** before joining others. This extra layer of precaution is a good idea if you are gathering with people who are at high risk of severe illness from COVID, especially if you or others at the gathering are not fully vaccinated or have been in crowded indoor places in the past two weeks.
- **Wear face masks** when gathering indoors with people not from your household, except when eating and drinking. Bring a mask to wear outside if the gathering is crowded, especially with people who are unvaccinated or are at increased risk of severe disease (**older adults** and those with **certain medical conditions**). Learn how to get the most out of your mask at ph.lacounty.gov/masks.
- **Keep distance while eating**, unless everyone is fully vaccinated. Set the tables so that people sit with others from the same household where possible and provide distance between non-household members. This is especially important if eating indoors.
- **Keep hands clean.** Clean hands before and after preparing food. Have hand sanitizer available for guests. Remind kids to not touch their face or eat with unclean hands. Consider having assigned servers to reduce the number of people touching shared serving utensils before eating.



Thank you for helping to reduce the risk of COVID-19 for family, friends, and everyone in the community. Have a happy and safe Thanksgiving!

Learn more about keeping safe and preventing spread at ph.lacounty.gov/reducerrisk

GET VACCINATED

To find a free COVID-19 vaccine near you, visit VaccinateLACounty.com and click on "[How To Get Vaccinated](#)" or call the Public Health Vaccine Call Center at **833-540-0473**, open daily **8:00 am to 8:30 pm**. No appointment is needed at many locations, and free transportation may be available. You do not need insurance, and you will not be asked about your immigration status. In-home vaccination is available for people who are home-bound.

To find flu vaccines near you, call your doctor or local pharmacy or call 2-1-1 LA County information line (you can ask for locations where flu vaccines are low cost or free). See "[Where Can I get a Flu Immunization](#)" for more information.

If you are eligible for a COVID-19 vaccine dose and you haven't gotten your flu shot yet, you can get them at the same visit. Check to see if the COVID-19 vaccine clinic also offers flu shots.

