

# THANKSGIVING COVID-19 GUIDANCE & RECOMMENDATIONS

The Howard County Health Department  
and CDC Recommends:

Avoid large indoor gatherings, dinners  
and parties

Avoid large crowds, wear a mask and  
practice physical distancing

Shop online and avoid crowded stores

Get a flu shot and wash hands frequently

Staying home is the best way to protect yourself. Avoid  
travel to attend holiday gatherings

Lower risk options for celebrating:

Have a small dinner with only members of your household

Prepare traditional family recipes for family and  
neighbors, especially those at higher risk of severe  
illness from COVID-19 and plan for contactless delivery

Have an outdoor bonfire in place of a holiday meal,  
with physical distancing and mask-wearing

Enjoy apple-picking or pumpkin picking outdoors

For more information, please visit the CDC's website at <https://bit.ly/3ke3FYS>

Happy  
Thanksgiving