

# Healthy Holiday Guide

With the coming of fall, so commences a season of gatherings that many of us have craved as we've been social distancing due to the novel and highly contagious coronavirus, COVID-19. This is a message reminding you of best practices, and precautions you can heed to make sure that this season of comfort and joy is a safe and healthy one for you, your family and friends.



The following information has been sourced from the Department of Health Services as well as Public Health Madison & Dane County. This document's aim is to share best practices for your consideration as you keep yourself, your family and your community safe, happy, and healthy this holiday season.

- While going house-to-house and having in-person contact is not recommended if you do choose to go trick-or-treating:
  - Public Health Madison & Dane County has released recommendations advising the public to only do this activity with the people they live with.
  - Trick-or-treaters should stay in their own neighborhood, wear a mask and socially distance themselves from other groups.
  - If people are worried about the risk of touching candy wrappers, PHMDC added that people can let candy sit for 72 hours before eating any.

## HERE ARE SOME OPTIONS FOR THOSE HOPING TO CELEBRATE HALLOWEEN MORE SAFELY

The safest way to celebrate is with fewer people in-person and/or more people online.

- Hold virtual costume contests and parties. Dress up. Get online with friends and other families to celebrate and rate each other's costumes.
- Increase what you do at home to celebrate. Decorate where you live. Get the kids involved in making decorations. Bake Halloween-themed treats. Watch scary movies with your family, household, or as a group online.

- If you're handing out candy this year do it with safety precautions in mind. Leave individual grab bags (or paper cups) filled with goodies outside your door for children to take. If you can, watch and wave to trick-or-treaters through a window. Or, leave Halloween treats outside the door where friends and loved ones live for a contact-free way of celebrating.
- Instead of the usual close contact in a confined space, visit (or create!) a drive-through haunted house experience.

Check out [cityofsunprairie.com/covid19](https://cityofsunprairie.com/covid19) for best practice during the pandemic. Also see [Public Health Madison Dane County Wisconsin Department of Health Services](#)

## HERE ARE A FEW COMMON EVENTS TO CONSIDER AVOIDING

The Department of Health Services (DHS) recommends the following events not take place this year:

- Large outdoor gatherings such as parties, festivals, and parades.
- Even though being outside decreases the risk, being in close contact with people you don't live with increases the risk of spreading and contracting COVID-19.
- In-person indoor parties and celebrations.
- In-person costume contests and parties are not recommended, no matter where they might be held.
- Happy hours or socializing at bars. We've learned that going out to the bars helps the virus spread quickly.

## OTHER CONSIDERATIONS TO KEEP YOU AND YOUR FAMILY HEALTHY

- Stay local. Avoid the urge to attend events in another town – it can lead to greater spread of the virus.
- Think before you go. Use the DHS individual decision tool to assess what's best for you and your family when it comes to celebrating this year.
- Get vaccinated against the flu. Consider getting the flu vaccine before Halloween to keep you healthier overall. COVID-19 and flu viruses both cause respiratory illnesses that spread easily from person-to-person. While the flu vaccine will not protect against COVID-19, it can minimize your risk of getting sick or being hospitalized from the flu.