

TALLAHASSEE SENIOR CENTER SENIOR RESOURCE INFORMATION

HOLIDAY CELEBRATIONS

When considering how to celebrate the holidays this year it is important to bear in mind the current reporting concerning the sources of recent COVID-19 outbreaks across the country. Early in the pandemic large group gatherings were identified as the source of many outbreaks, and while large gatherings, particularly large indoor gatherings, are still among the highest risk activities, **many recent COVID-19 outbreaks have been attributed to small group gatherings.**

Many Halloween activities (i.e. traditional trick-or-treating, indoor parties, fall festivals, etc.) are considered high risk, therefore lower risk alternatives should be considered. Planning activities with just members of your household is the safest, and more moderately risky activities include preparing individual bags of candy for trick-or-treaters, attending small outdoor parties, or visiting pumpkin patches. The CDC offers a more detailed list of holiday activities (including Halloween and Thanksgiving), ranked by risk level, which can be found [here](#).

Attending Family Gatherings

If you are considering attending any family gatherings this holiday season, a good first step is to evaluate your own risk for severe symptoms as well as the risk to anyone you have regular contact with. **Anyone over 60 or with underlying conditions should think twice about attending in-person family gatherings.** To determine the riskiness of a particular gathering review the factors highlighted below, and for additional information click [here](#) and [here](#).

- Consider the level of community spread of COVID-19 both at the location of the gathering as well as where the attendees are coming from.
- Will the gathering take place indoors; indoor events with poor ventilation pose the greatest risk.
- The duration of the gathering; the more time spent at a gathering, the greater the risk.
- Consider the number of people at the gathering. The size of a gathering should be determined based on the ability to reduce or limit contact between attendees.
- If people are traveling from different locations, the risk of spreading the virus is greater than if the attendees all live in the same area.
- Lastly, evaluate the behaviors of attendees prior to and during the gathering. Are attendees regularly following recommended guidelines; will any preventive measures (i.e. mask-wearing, social distancing, etc.) be in place during the gathering.

[cdc.gov](https://www.cdc.gov)

Travel

While staying home is the best way to protect yourself and others, according to the CDC, if you decide to travel, make sure you understand the risk. Check the COVID-19 level in the community you are planning to visit and determine if cases are trending up or down. [Google Maps](#) is currently providing COVID-19 numbers by county, which indicate how many new cases per 100,000 people have been reported in the last seven days. **Remember, do not travel if you are, or have been sick in the past 14 days, and follow guidelines for social distancing, wear a mask and wash your hands regularly.** For more information on traveling this holiday season visit [here](#) and [here](#).