

Thankful and Safe

Celebrating the Holidays During Covid 19

Healthier Urban Families Outreach Program

Beverly Weathington, LMSW



Holidays are not Time Out's from Pandemic

- Covid 19 is still here
- Record breaking number of cases
- Colder weather limits gathering options
- Some populations more at risk



Pandemic Fatigue

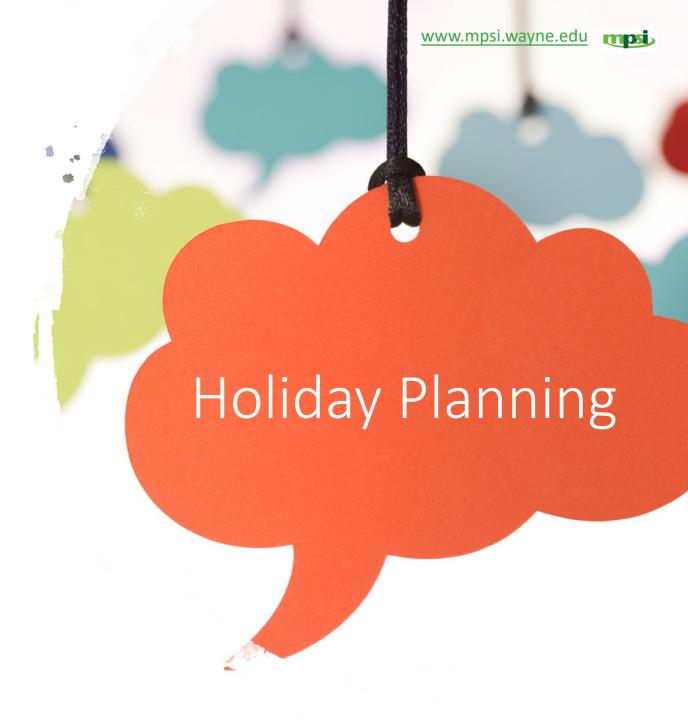
It has gone on a long time

We have made so many sacrifices

We all want to go back to normal

It's hard to think of limited family time during the holidays

- Think of how you've always celebrated
- Think of the adjustments that need to be made for everyone to be as safe as possible and celebrate
- What will you say to communicate those changes to family and friends
- How will you address the concerns of those who are not open to change
- How will you maintain a sense of family togetherness when being in the same space is not possible





Limit to those who live in the same household

Virtual meals with those outside of your household

Drop off meals to those outside of your household

Safest Holiday Celebration



- Guests who are not showing any Covidlike symptoms
- Guests who have not been recently exposed
- Guests who wear masks and practice social distancing
- Guests who do not have risk factors that make them especially vulnerable to Covid
- Guests who live locally





If You're Having Guests — Space Considerations

Space that allows social distancing

Good ventilation

Special attention to shared spaces – bathroom, kitchen

Special Attention to Food: Limit Number of People

- Bringing food from different households
- In the food area at the same time
- Serving the food
- Touching serving utensils





- Everyone wash hands
- No hugging, kissing, or handshakes
- Masks required when social distancing not possible
- Everyone abides by your conditions for staying safe
- Contact information for everyone attending

Remember that Thanksgiving is so Much More than a Meal

- Showing care for the vulnerable especially seniors
- Reaching out to the lonely video chats, phone calls, cards
- Giving to less fortunate food and clothing drives
- Being Thankful



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