

**GIVE THANKS.**



**NOT COVID-19.**

## Tips for celebrating Thanksgiving safely.

The best way to keep yourself and your loved ones safe from COVID-19 this Thanksgiving is to limit gatherings to members of your household — people you've been living with during the pandemic — only.

If we all do this, we can help slow the spread of COVID-19 across the state.

### The golden rules for celebrating safely

- Limit gatherings to people you live with—members of your household only.
- Whether at home or in a restaurant, dine only with people you live with.
- Do not spend time socially (hanging out, dining, partying) with people outside of your household.
- If you must be with people outside of your household, wear a face covering at all times, stay at least 6 feet apart, wash or sanitize your hands frequently, and clean commonly used surfaces often.
- Avoid indoor house parties and outdoor gatherings if guests cannot maintain social distancing of at least 6 feet.
- Wear a face covering when you are in public or with family members who have been traveling or are at a higher risk of severe illness from the virus.
- Stay at home if you are sick or if you've been exposed or think you've been exposed to COVID-19. Ask others to do the same.
- Get tested for COVID-19 if you've been exposed, think you've been exposed or have symptoms — remember, you can have the virus and not have symptoms.
- Go the extra mile to keep everyone safe by downloading the [COVID Alert DE app](#) and answering phone calls from Delaware Division of Public Health [contact tracers](#).

*Lastly, never let your guard down. You are just as likely to get COVID-19 from friends and family as you are from strangers.*

### Telling loved ones you are keeping it small or won't be attending their gathering

Having these conversations can be tough. But it will be harder to tell a loved one that they were exposed to COVID-19 at your gathering or that you tested positive. Here are tips for having the talks that will keep everyone safer:

#### *Telling someone your event is for household members only*

- Make it personal. Inform people by phone and avoid individual or group texts, emails, and social media.
- Assure them that your decision is for their safety and that you're doing it out of love.
- Explain that your guest list is strictly household members; you are not singling anyone out.
- Ask how they feel and allow them to share disappointment and other emotions.
- End on a high note! Share some ways you plan to safely continue holiday traditions and connect with family and friends. Ask them to share their ideas too.

#### *Declining an invitation*

- Make it personal. Inform your host by a phone call, not text, email, or social media.
- Thank the host for thinking of you and for respecting your decision.
- Be open and honest. Let the host know you're sad not to join them this year, but make it clear that your decision is for your safety as well as the safety of the host and other guests.
- Assure the host that you are not singling out this one event — you've made it a rule to decline all invitations this holiday season.

Get more tips for gathering safely at [de.gov/coronavirus](https://de.gov/coronavirus).



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health