Celebrate Thanksgiving Safely

Tips for a safe Thanksgiving during COVID-19

There are several ways to enjoy holiday traditions with friends and family, but it is important to reduce your risk of COVID-19 while celebrating. If you are planning to celebrate in-person, we recommend the following tips to stay safe.

Get Vaccinated, Including a Booster Shot if You're Eligible

Vaccines are the best way to end the pandemic and they prevent COVID-19 illness, hospitalization and death. They're safe, effective and free. Learn more about COVID-19 vaccines by visiting **SBCOVID19.com**.

Stay Home if You're Sick

Anyone who is feeling sick, even with mild symptoms (sore throat, cough, sniffles), should stay home, isolate from others, and get tested.

Get Tested Before and After Traveling or Gathering for the Holidays

Get tested 1-3 days before a family gathering, or prior to any travel, even if you have no symptoms. Antigen testing should be done 24 hours prior to a gathering or travel. PCR testing should be done within 72 hours – with results available prior to a gathering or travel. Test after returning from the holidays. Test again 3-5 days later.

Testing is free! To get a COVID-19 test, visit **SBCOVID19.com**, or call **909-387-3911**.

If Some of Your Group is Unvaccinated, Take Precautions

If your gathering includes individuals who are unvaccinated, keep your gathering small, short and outdoors. Your risk of getting and spreading COVID-19 increases as you interact with more people for longer periods of time.

Wearing a Mask is Recommended (Especially If Unvaccinated)

It is recommended to wear a face mask. Wear your mask over both your nose and mouth. Keep in mind that masking also reduces the spread of other respiratory illnesses, such as the flu.

Gather Outside or Increase Airflow in Indoor Spaces

Being outside reduces the of spread COVID-19. When gathering inside, open doors and windows, and run fans and air filters.

To learn more about testing or vaccines, visit sbcovid19.com or call 909-387-3911.

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