

November 23, 2020

## DOH-Collier Encourages Healthy Holiday Habits

*Ways to keep you healthy during Thanksgiving*



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**Naples, Fla.** — The Florida Department of Health in Collier County (DOH-Collier) encourages healthy holiday habits to help residents and visitors celebrate.

Many traditional Thanksgiving activities can be high-risk for spreading viruses, including COVID-19. There are several safe ways to celebrate Thanksgiving. The healthy holiday habits below can help keep you and your family safe.

**Mask Up Against COVID-19.** While celebrating Thanksgiving, it is important to remember COVID-19 is still in our community. Ways to celebrate Thanksgiving at home include:

- Have a small dinner with only the people who live in your household. Remember: students visiting from college and relatives from out of state or city, county, etc... are considered outside of your household.
- Have a virtual dinner and share recipes with friends and family.
- Shop online rather than in person.
- Watch sports events, parades, and movies from home.

It is important to avoid the following:

- Visiting the homes of others, unless you can wear a mask or cloth face covering and socially distance.
- Large gatherings; per the State Surgeon General's Public Health Advisory avoid gatherings of 10 or larger.
- Sharing food, cups, forks, spoons, knives, and serving utensils.
- Crowded indoor events.
- Attending crowded parades, runs, or other events.

Brighten your holiday season by making health and safety a priority!

For more information regarding virus spreading risk at holiday celebrations, visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>.

For more information regarding COVID-19, visit [floridahealthcovid19.gov/](http://floridahealthcovid19.gov/).

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