

NEWS FROM THE JAINDL HEALTH OFFICE

Fall is upon us! As many people in the United States begin to plan for fall holiday celebrations, the CDC offers many recommendations to help protect individuals, their families, friends, and communities from COVID-19.

Below are Key Guiding Principles from the Centers for Disease Control and Prevention:

- People who should not attend in-person holiday celebrations:
 - People with or who may have been [exposed to someone with COVID-19 in the last 14 days](#)
 - Has been diagnosed with COVID-19 and has [not met the criteria for when it is safe to be around others](#)
 - Has [symptoms of COVID-19](#)
 - Is waiting for COVID-19 [viral test](#) results
 - Is at increased risk of severe illness from COVID-19
- The *more people* an individual interacts with at a gathering and the longer that interaction lasts, the higher the potential risk of becoming infected with COVID-19 and COVID-19 spreading.

Follow these tips to reduce your risk of being exposed to, getting, or spreading COVID-19:

- Social distance and limit close contact
- [Maintain a distance](#) of at least 6 feet or more from people you don't live with. Be particularly mindful in areas where it may be harder to keep this distance, such as restrooms and eating areas.
- Minimize gestures that promote close contact. For example, do not shake hands, elbow bump, or give hugs. Instead wave and verbally greet others.
- Wear a [mask](#) at all times when around people who don't live in your household to reduce the risk of spreading the virus.

Some CDC recommendations for fall celebrations:

HALLOWEEN

- A costume mask (such as for Halloween) is not a substitute for a cloth mask. A costume mask should not be used unless it is made of two or more layers of breathable fabric that covers the mouth and nose and doesn't leave gaps around the face.
- Do not wear a costume mask over a protective cloth mask because it can be dangerous if the costume mask makes it hard to breathe. Instead, consider using a Halloween-themed cloth mask.

Thanksgiving

Thanksgiving is a time when many families travel long distances to celebrate together. [Travel](#) increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. If you must travel, be informed of the [risks involved](#).

For full CDC recommendations please follow this link here: [Fall Holiday Recommendations](#)

We thank you for your help in keeping our students and staff healthy.