



## Thanksgiving Advisory **Update 11/18/20**

We know the holidays will be very different this year for most families. While there is much to be thankful for, we want to remind you of a few important health guidelines as you make your Thanksgiving plans:

### **1. Reconsider travel**

The State Department of Health has issued an updated [Travel Advisory](#) as of 11/17/20. Please check the site prior to travel for the most current information. Anyone visiting an Affected State, including children, must quarantine for 14 days upon return or have a negative RT-PCR test for COVID-19 in the seventy-two (72) hours prior to returning or at any time following arrival in Connecticut. **You cannot test out prior to leaving CT if your trip to an affected state is less than 72 hours and more than 24 hours.**

From the State [Travel Advisory](#) FAQs :

**19. What if I am a Connecticut resident and am visiting an Affected State for less than seventy-two (72) hours, may I be tested in Connecticut prior to visiting the Affected State if I obtain the test seventy-two (72) hours prior to my subsequent return to Connecticut?**

*No, you must have the test for COVID-19 either while you are in the Affected State, as long as the test is obtained in the seventy-two (72) hours prior to your arrival in Connecticut, or following your arrival in Connecticut.*

If you have college students returning home for Thanksgiving, encourage them to get tested before their Thanksgiving departure, refrain from traveling if they test positive, limit travel stops, and self-quarantine for 14 days at home upon arrival.

### **2. Keep it small**

Limit gatherings to less than 10 people who are close family and friends who have followed social distancing guidelines.

Even if you and your guests receive a negative test before gathering, you should still practice mask wearing and social distancing.

### **3. Outdoors is safer**

If the weather permits, gather outside. Keep windows open to allow for greater air exchange.

### **4. Be vigilant about hand hygiene**

Wash hands before eating. Don't share serving utensils. The CDC has more information at [COVID-19: Holiday Celebrations](#).



# Thanksgiving: What You Need to Know

**IDSA**  
Infectious Diseases Society of America

With the holiday season approaching, many families are making decisions and plans about how to celebrate in a way that is joyful but still safe.

The decisions every family makes today can have an effect on what life is like a few months from now.

No matter how you celebrate, continue to wash hands frequently, practice social distancing, wear a mask when in public, and importantly, stay home if you or anyone you have been exposed to is sick.



**The safest ways to celebrate Thanksgiving are to only do it with members of your same household or to host a virtual celebration.**

**However, there are ways to decrease risk when gathering:**



## Outdoors is safer

If weather allows it, host Thanksgiving outdoors where people can practice social distancing.



## Be vigilant about hand hygiene

Guests should wash hands before eating and hosts should practice consistent hand hygiene while cooking. Provide alcohol-based hand sanitizers to guests and family.



## Keep it small

Limit gatherings to less than 10 people and those attending should only be close family members or friends who have followed social distancing guidelines.



## Reconsider travel

Travel increases the risk of getting and spreading COVID-19. Many states have implemented mandatory quarantine periods for out-of-state visitors, which could also affect people when returning home.

If travel is a must, there are a few ways to lower risk:

- Driving is safer than flying, traveling by bus, or taking a train.
- Wear a mask in public, wash hands frequently, and keep distance from others during the trip.
- Travelers who are staying in one destination should follow local quarantine guidance.
- Travelers should seek testing once they've arrived at their location, but still continue to follow quarantine guidance.