

# Halloween

**Many traditional Halloween activities can be high-risk for spreading COVID-19 or influenza. There are several safer, alternative ways to participate in Halloween.**

If you may have COVID-19 or you may have been exposed to someone with COVID-19, you should not participate in in-person holiday festivities and should not give out candy to trick-or-treaters.



## Low Risk Alternatives to Trick-or-Treating

- Host a virtual Halloween costume contest.
- Have a Halloween movie night with people you live with.
- Create a scavenger hunt-style trick-or-treat search with your members of your household in or around your home.

## Steps for Distributing Treats Safely

- Avoid direct contact with trick-or-treaters.
- Give out treats outdoors, if possible.
- Use bowls to distribute individually wrapped treats for kids to take.
- Wash hands before handling treats.
- Wear a mask.

**Reminder to residents who do not want to pass out candy this year to turn off their outside lights.**

## Steps for Safer Trick-or-Treating

### Wear a mask

- Make your cloth mask part of your costume.
- A costume mask is not a substitute for a cloth mask.
- Do NOT wear a costume mask over a cloth mask.

### Keep 6 feet apart from others who do not live with you

- Indoors and outdoors, you are more likely to get or spread COVID-19 when you are in close contact with others.

### Clean your hands

- Bring hand sanitizer with you and use it after touching objects or other people.
- Parents: supervise young children using hand sanitizer.
- Wash hands with soap and water for at least 20 seconds when you get home and before you eat any treats.



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# Winter Holidays

**Public health actions, such as physical distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19.**

Coping with stress and honoring winter holidays such as Thanksgiving and Christmas in healthy ways will make you, the people you care about, and your community stronger.

## Low Risk Ways to Celebrate

- Prepare traditional family recipes for family and neighbors.
  - Deliver them in a way that doesn't involve direct contact.
- Host a virtual dinner and share recipes with friends and family.
- Call family, friends, or neighbors to wish them happy holidays.

## Reducing Stress Throughout the Holidays and COVID-19

- *Know what to do if you are sick.* Contact a health professional before you start any self-treatment for COVID-19.
- *Take care of your mental and emotional health.* Taking care of your mental and emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
- *Take breaks from watching, reading, or listening to news stories, including those on social media.* Hearing about the pandemic repeatedly can be upsetting.
- *Take care of your body.*
  - Take deep breaths, stretch, or meditate.
  - Try to eat healthy, well-balanced meals.
  - Exercise regularly.
  - Get plenty of sleep.
  - Avoid excessive alcohol and drug use.
- *Make time to unwind.* Try to do some other activities you enjoy.
- *Connect with others.* Find ways to stay social while physically distancing.

| For more information visit: [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)



## Steps for Safer Ways to Gather

- Remind guests to stay home if they are sick.
- Encourage physical distancing.
- Wear masks.
- Clean hands often.
- Limit the number of people handling or serving food.



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