

Protect you and your Boo thang this October and get vaccinated!

If you are going to be partaking in Halloween festivities and/or going trick or treating please remember to wear a mask and practice social distancing. Fall and winter time is also flu season and a time many people get sick. It is possible to have flu, as well as other respiratory illnesses, and COVID-19 at the same time. Health experts are still studying how common this can be. Some of the symptoms of flu and COVID-19 are similar, making it hard to tell the difference between them based on symptoms alone.

The Delta variant has spread exponentially across the world and has become the dominant strain of COVID-19 in the U.S. The Delta variant is far more contagious than the previous variants, making it even more important to get the COVID-19 vaccine.

Here is how to stay safe this Halloween season:

This Halloween season, events that involve large gatherings of individuals (e.g. large Halloween parties, haunted houses, etc.) can increase the risk of transmission of COVID-19 and are not recommended. Read the information below to make the best decision for your family about choosing how to participate this year.

LOWER RISK	MODERATE RISK	HIGHER RISK
<ul style="list-style-type: none">• Carving or decorating pumpkins with members of your household and displaying them• Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends• Decorating your house, apartment, or living space• Halloween scavenger hunt where children look for Halloween-themed things while they walk outdoors from house to house admiring decorations at a distance• Virtual Halloween costume contest• Halloween movie night with people you live with• Scavenger hunt-style trick-or-treat search with household members in or around your home rather than going house to house	<ul style="list-style-type: none">• Trick-or-treating with distancing strategies in place (e.g. treat-givers provide individually wrapped goodie bags lined up for families to grab and go while continuing to social distance). If you are preparing goodie bags, wash your hands with soap and water for at least 20 seconds before and after• Stopping only at houses where individuals are wearing masks, and it is easy to maintain six feet of distance between the host and other trick-or-treaters• Small, outside event such as trunk-or-treat, where social distancing can be maintained and everyone is wearing a mask	<ul style="list-style-type: none">• Trick-or-treating to a large number of houses or visiting multiple neighborhoods, where participants go door to door• Trick-or-treating at houses where individuals are not wearing a mask, and where six feet of physical distance is not maintained between individuals• Attending parties or events that may become crowded and social distancing is difficult to maintain• Going on hayrides or tractor rides with people who are not in your household• Indoor haunted houses where people may be crowded together and screaming

Get your flu and COVID-19 vaccine to protect yourself and your loved ones.

Source: <https://topics.arlingtonva.us/halloween-2020-covid/>