

Celebrating Thanksgiving during covid

Tips to Celebrate Safely, from [WeightLossNYC.com](https://www.WeightLossNYC.com)

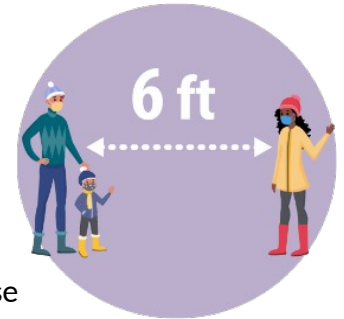
Our family traditions face unusual challenges this year; please use this guide to help you and your loved ones plan a safer and unique holiday season this year.

- Thank you, and happy holidays from Dr. Aron and staff at [WeightLossNYC.com](https://www.WeightLossNYC.com)

Everyone Can Make Thanksgiving Safer

Easy peasy – remember these 3 W's: **Wear, Watch and Wash**

- **WEAR a mask** with two or more layers to stop the spread of COVID-19.
- **WATCH your distance.** Stay at least 6 feet (about 2 arm lengths) from those not part of your immediate household. This is especially important for people at higher risk of illness.
- **WASH hands** often with soap and water for at least 20 seconds. Keep and use hand sanitizer when unable to wash your hands.



Attending a Gathering at Work or Home

- Bring your own food, drinks, plates, cups, and utensils.
- Wear a mask and safely store your mask while eating and drinking.
- Avoid where food is being prepared or handled, e.g. kitchen.
- Use single-use options, like salad dressing and condiment packets and disposable items like food containers, plates and utensils.
- Don't remove your mask to eat, until you are 6 feet apart.

Hosting a Gathering

- Have a small outdoor meal, weather permitting.
- If indoors, keep windows open or have central air on continuous fan, also bathroom fans.
- Have conversations in advance to set expectations for celebrating together.
- Require guests to wear masks, and to observe the **Three W's** above.
- Clean and disinfect frequently touched surfaces and items between use.
- Limit the number of people in food preparation areas.
- Consider having guests bring their own food and drink.
- If sharing food, have one person serve food and use single-use options, like plastic utensils.

“Being within 6 feet of someone who has COVID-19 for cumulative total of 15 minutes or more greatly increases the risk of becoming sick and requiring quarantine.”

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Be Creative

Celebrating with fewer people than you usually do might sound dreary. Yet the pandemic offers a unique opportunity to create new traditions and make new memories.



Consider options such as:

- **Making and sharing videos with family and friends.** Play your musical instrument, share a dance routine, do some stand-up comedy or just have fun recording a holiday greeting.
- **Sharing a meal remotely over a videoconferencing platform.** You can compare your culinary creations, play games and hear your Uncle's corny jokes.
- **Taking an after-dinner walk.** After your holiday meal, go on a virtual group walk through your neighborhoods.
- **Have fun and let your imagination run wild** as you find new ways to celebrate your traditions!

Concluding Considerations

Combining factors contribute to the risk of getting and spreading COVID-19; Manage the risk:

Community. Be aware of the local risk wherever you are celebrating the holidays • **Travel.** Airports, bus/train/gas stations & rest stops are all places travelers can be exposed to the virus in the air and on surfaces. • **Location.** Indoor gatherings, especially those with poor ventilation pose more risk than outdoor gatherings. • **Duration.** Gatherings that last longer pose more risk; More cumulative expose increases everyone's risk. • **Size & crowding.** More people pose more risk. The size of a holiday gathering should be determined on the ability of members of each household to stay 6 feet apart, masks & wash. • **Behavior prior to the gathering.** Those who did not consistently adhere to physical distancing and other prevention behaviors pose more risk than those who consistently practiced safety measures.



Have safe and happy holidays! And keep on track with your weight loss goals!

~ Oksana Aron, M.D., WeightLossNYC.com