

North Haledon School District Health Newsletter

Steps to Take when Trick or Treating During COVID-19:

Traditional Halloween activities are fun, but some can increase the risk of getting or spreading COVID-19 or influenza. Plan alternate ways to participate in Halloween.

Make trick-or-treating safer:

- Avoid direct contact with trick-or-treaters.
- Give out treats outdoors, if possible.
- Set up a station with individually bagged treats for kids to take.
- Wash hands before handling treats.

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. It can make breathing more difficult.
- Masks should NOT be worn by children under the age of 2 or anyone who has trouble breathing.

Stay at least 6 feet away 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



<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/halloween.html>



Wash your hands

- Bring hand sanitizer with you and use it after touching objects or other people.
- Use hand sanitizer with at least 60% alcohol.
- 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.





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.

Lower risk activities

- Having a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others
- Having a virtual dinner and sharing recipes with friends and family
- Shopping online rather than in person on the day after Thanksgiving or the next Monday
- Watching sports events, parades, and movies from home

Higher risk activities

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Going shopping in crowded stores just before, on, or after Thanksgiving
- Participating or being a spectator at a crowded race
- Attending crowded parades
- Using alcohol or drugs, which can cloud judgement and increase risky behaviors
- Attending large indoor gatherings with people from outside of your household

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#after-celebration>

STAY SAFE ON AND OFF THE FIELD

- Stay home if you are sick.**
- Bring your own equipment and gear (if possible)**
- Cover your coughs and sneezes with a tissue or your elbow.**
- Wash your hands or use sanitizer before and after events and sharing equipment.**
- Tell a coach or staff member if you don't feel well.**

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Youth Sports:
Players from



Tips to Protect
COVID19

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>