

COVID-SAFE THANKSGIVING

Traditional Thanksgiving gatherings with family and friends are fun but can increase the chances of getting or spreading COVID-19. The safest way to celebrate Thanksgiving this year is to keep your gathering limited to just your household or pod*.

Lower Risk

- **Staying home**; traveling only for essential purposes
- **Restricting close contact** (15+ minutes) to only those from your household or pod*
- **Wearing a mask** in public
- **Washing your hands** often
- **Cleaning and disinfecting** surfaces
- **Celebrating outside** or inside with plenty of ventilation

Higher Risk

- **Traveling** off and to the island (Note: testing and quarantine are required when traveling to and from any state other than NH or VT)
- **Being in close contact** with those not in your household or pod
- **Not following CDC Guidelines**
- **Celebrating indoors** with limited ventilation

*A pod is a small group of a few people, committed to abiding by Maine and CDC COVID-19 safety guidelines and who limit their close contacts to only each other in order to mutually protect their health.

FMI Contact Vinalhaven Emergency Operations Center (EOC)

(207) 863-2042 VHEOC@townofvinalhaven.org www.townofvinalhaven.org

Check out the CDC Thanksgiving Guidelines

www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html