

Happy halloween!



As we move into the season of the year where we have more community and family gatherings it is vital to remember if you have any symptoms of : sore throat/backaches/body aches/muscle aches/ nasal stuffiness runny nose/ coughing/ fever /headache PLEASE STAY HOME and away from other people. It is vital in keeping our communities healthy. Even the slightest sign of not feeling well - stay away from others.

Halloween 2020 COVID-19 Guidance As Iowans prepare to celebrate Halloween, IDPH wants to remind all that COVID-19 is still circulating in Iowa and encourage all Iowans to continue to take precautions to protect the health of themselves and their families. Many traditional Halloween activities can be high-risk for spreading viruses.

For 2020 Halloween festivities, IDPH strongly encourage Iowans to follow CDC's guidance when deciding what is appropriate for their families as described below.

High risk activities:

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

- Participating in traditional trick-or-treating where treats are handed to children who go door to door
- Having trunk-or-treat where treats are handed out from trunks of cars lined up in large parking lots
- Attending crowded costume parties held indoors
- Going to an indoor haunted house where people may be crowded together and screaming
- Going on hayrides or tractor rides with people who are not in your household
- Using alcohol or drugs, which can cloud judgement and increase risky behaviors
- Traveling to a rural fall festival that is not in your community if you live in an area with community spread of COVID-19

Other recommendations: If you have COVID-19 or may have been exposed to someone with COVID-19, you SHOULD NOT participate in in-person Halloween festivities and SHOULD NOT give out candy to trick-or-treaters

For Parents/Guardian:

- If taking your children trick-or-treating, limit the number of houses you visit and ask your children to maintain at least six feet distance from treat-givers. For small children, consider holding the bag for them. Only accept factory-wrapped treats. Avoid homemade treats made by strangers.
- Wipe off candy wrappers with sanitizing wipes when you arrive home. (NOTE: Never wipe un-packaged food with sanitizing wipes.)
- If your child is at greater risk of complications from COVID-19, contact your doctor before allowing participation in Halloween activities.
- Stay local. Avoid the urge to attend events in another town – it can lead to greater spread of the virus.
- Think before you go. Use the CDC's guidance on deciding to go out to assess what's best for you and your family when it comes to celebrating this year.

For Community Members:

- If your community hosts trick-or-treating this year, do it more safely.
 - o Refrain from having children select their own treats from a bowl/common container. Leave individual grab bags (or paper cups) filled with goodies outside your door for children to take.

For more information: CDC Holiday Celebrations Guidance CDC Considerations for Events and Gatherings