



2020 has been a very different year for all of us. We continue to walk through uncharted territory as COVID-19 has surged in our area.

As we look forward to the holidays, please remember the importance of keeping yourself, your relatives, and your friends healthy. Following the CDC guidelines about holiday gatherings will help us to make those times safer for all of us.

The Basics:

- Wear a mask with two or more layers. Please wear it over your nose and mouth, secure it under your chin, and make sure it fits snugly against the sides of your face.
- Remember that some people without symptoms may be able to spread COVID-19 or flu.
- Keeping 6 feet (about 2 arm lengths) from others is especially important for people who are at higher risk of getting very sick.
- Wash hands often with soap and water for at least 20 seconds.
- Keep hand sanitizer with you and use it when you are unable to wash your hands.

What other things do I need to be thinking of with Thanksgiving and other holiday events?

- The current Minnesota restrictions remind us that we are to keep our groups to no more than 10 people from 3 different households.
- Consider hosting the holidays virtually: Schedule a time to share a meal together.
- Have a small dinner with only people who live in your household and then deliver meals to family and friends who would normally join you.
- Wear a mask, and have a plan to safely store it while eating and drinking.
- Avoid going in and out of the areas where food is being prepared or handled.

If your family is hosting:

- Have a small outdoor meal with family and friends who live in your community, weather permitting.
- If celebrating indoors, make sure to open windows.
- Have conversations with guests ahead of time to set expectations for celebrating together.
- Limit the number of guests.
- Clean and disinfect frequently touched surfaces and items between each use.
- Have guests bring their own food and drinks.
- Limit the number of people in the food preparation areas.

- If sharing food, have one person serve food and use single-use options, like plastic utensils.

Do what you can to make your holiday gatherings safe. You may decide that being together may not be possible this year. Instead, look for creative ways to connect with your loved ones and celebrate with gratitude all of God's provisions this past year.

"And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness." Colossians 2:6-7

For more information, please go to <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>.

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