



# THANKSGIVING MENU



## to Ensure a Safe Holiday

The recommendations below will make for a safer celebration this year. Picking even one will increase your safety. The more you choose, the more you will reduce the risk of spreading COVID-19.



### Recommendations



- Celebrate outside** in your yard or at a local park.
- Minimize the number of guests**, especially those at high risk.
- Physically distance when you can.** Only touch or hug those in your immediate household.
- Wear masks** if your gathering includes guests from outside your household.
- Celebrate together with your quarantine pod.** You can use a tablet and virtual meeting programs to bring family and friends together without exposing one another.
- Wash your hands** before and after preparing, serving and eating food.
- Use hand sanitizer.** Get in the gift giving spirit early and provide your guests with their own travel size hand sanitizer.
- Avoid self-serve or buffets.** If sharing food, have one person serve food and use single-use options, like plastic utensils.



For more tips and guidance, visit [azhealth.gov/WinterHolidays](https://www.azhealth.gov/WinterHolidays)