



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.

This holiday season we want you safe. ❤️



In this unprecedented year, one thing is clear: all of us want life to “get back to normal.” We want to sit down with friends and family at the Thanksgiving table and we want to be with loved ones come December. But if we don’t take measures to be safe in order to slow the spread of COVID-19, it will take longer for this to happen.

Partner with us to help our communities and slow the spread of COVID-19.

Please celebrate Thanksgiving a little differently this year. As the nation’s 16th highest state ([CDC COVID Data Tracker](#)) in COVID numbers and with hospitals at capacity, we ask for your help by following the below precautions.

Precautions to take every day; including the holiday season:

- Wear a mask when you can’t practice social distancing (within 6 feet of others).
- Avoid gatherings with people outside of those in your immediate household – even on holidays.
- Stay physically distant from members of your own home who are at high risk.
- If you do have visitors, whether they are close family or friends, still wear a mask.

- Continue to wash your hands frequently.
- Watch for symptoms and get tested when any are present.

Additional Thanksgiving Suggestions from the [Centers for Disease Control and Prevention](#):



- Host a virtual Thanksgiving by scheduling your meal at the same time.
- For family members alone or unable to cook, safely prepare traditional dishes and deliver them in a way that does not involve contact with others (for example, leave them on the porch).
- If you do have family over for dinner, eat outside, limit the number of guests and separate into smaller groups.
- Besides the Thanksgiving meal, wear masks at all times and safely store your mask while eating and drinking.
- Clean and disinfect frequently touched surfaces and items between use.
- If celebrating indoors, make sure to open windows.
- Avoid areas where food is being prepared or handled, such as the kitchen.
- Use single-use options, like salad dressing and condiment packets, and disposable items like food containers, plates and utensils.