

# County of San Diego

## Guidance for Celebrating Thanksgiving during the COVID-19 Pandemic

To minimize the spread of COVID-19 and ensure families stay safe during the 2020 Thanksgiving holiday, the County of San Diego offers guidance for the most common activities:

### Thanksgiving Activities

#### Recommended

- Remote events with family and friends, such as a virtual Thanksgiving dinner, sharing recipes, a virtual Turkey Trot, or online game.
- Televised or live streaming events at home with members of your own household.
- Outdoor orchards, food markets, and seasonal craft fairs where [state guidance](#) is followed and people use hand sanitizer, wear face coverings, and maintain a 6-feet distance from others.
- Get your flu vaccine to protect yourself and minimize complications from the flu or COVID-19 viruses.

#### Not Recommended

- Per [Centers for Disease Control and Prevention \(CDC\) travel considerations](#), traveling increases the chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others.
- Attending in-person sports events, parades, and movies where more than 3 households are present.
- In-person Black Friday or other shopping events where there may be large gatherings of individuals.

#### Not Allowed

- Per [California Department of Public Health \(CDPH\) guidance](#), in-person events or parties with more than 3 households are not permitted, even if they are conducted outdoors. Remember, smaller and shorter gatherings are safer.
- Carnivals, festivals, and live entertainment are not allowed because close interactions increase the risk of infection.
- In-person Turkey Trots or similar events are not allowed as they require participants to walk or run in close proximity, and it is difficult to maintain physical distancing.

### Safer Alternatives

Many traditional Thanksgiving activities can be high-risk for spreading viruses. There are safer, alternative ways to celebrate and include the following:

- Consider virtual connections through video calls or video-sharing, such as sending a pre-made Thanksgiving dinner or ingredients through online food delivery services and eat together virtually.
- Shop online rather than in person for Black Friday deals.
- Donate food to charities at drive-through mobile pantries, or through an online food bank fundraiser.
- Celebrate [Green Friday](#) by visiting a local park or preserve for family-friendly activities.
- Visit pick-your-own produce farms that follow [California Department of Food and Agriculture guidelines](#).

### Personal Protection Measures

However you celebrate, please continue to follow the [County of San Diego Public Health Order](#), [CDPH Holiday Guidance](#), [California Department of Public Health Guidance](#), and the [CDC Thanksgiving guidelines](#). To stay safe during the 2020 Thanksgiving holiday season, please remember to:

- Wash or sanitize your hands often, and clean frequently touched items regularly.
- Avoid close contact – stay at least 6 feet away from people who are not part of your household.
- Avoid indoor spaces that don't allow for easy distancing of at least 6 feet between you and others and follow [state guidance](#) for private outdoor gatherings of up to 3 households.
- Correctly wear an [appropriate face covering](#) over your mouth and nose when outside your home and around others who are not part of your household.
- Stay home and away from others if you are sick, have a symptom of COVID-19, or have been in contact with someone who is sick with or has symptoms of COVID-19.
- Follow directions if you are advised to [isolate](#) or [quarantine](#).

For questions, please contact [SafeReopeningComplianceTeam@sdcounty.ca.gov](mailto:SafeReopeningComplianceTeam@sdcounty.ca.gov).



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