

# Holiday Safety Tips

Thanksgiving is right around the corner! The CDC recommends that all adults and children age 5 and older get a COVID-19 vaccine. To enjoy a happy and healthy Thanksgiving, remember to track local transmission rates, take precautions like wearing a mask and washing your hands, and get a booster shot if you are eligible.

## HOLIDAY

### Recipe for Thanksgiving 2021



*Makes: One Happy and Healthy Holiday*

#### Ingredients:

Vaccination  
Mask  
Hand Soap  
Hand Sanitizer  
Outdoors  
Communication  
Safe Travels

#### More Information:

Follow community guidelines from your local health department

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

#### Steps:

**Get vaccinated.** Children and adults age 5 and up should get a COVID-19 vaccine. Some groups of people are eligible for a booster shot. Visit your health department website for more info, or talk with your health provider.

**Wear a mask.** Wear a cloth or surgical face mask over your mouth and nose when grocery shopping or in other public indoor settings, or when serving food.

**Wash your hands** before eating or serving food.

**Outdoors** is safer than indoors—enjoy a picnic or other outdoor activities, weather permitting.

**Communicate** in advance with guests about your COVID-19 ground rules and the precautions you're taking. Cancel plans if you are sick, and stay away from others.

**Safe Travels.** If possible, delay travel unless you are fully vaccinated. If you are traveling with unvaccinated family members, such as children who are not yet eligible to be vaccinated, take additional precautions. Avoid crowds, wear a mask, and get tested before and after your trip.

#### Don't forget about the kids' table!

Vaccination is the best way to protect children from COVID-19, and the CDC recommends that children and adolescents age 5 and older get a COVID-19 vaccine. The COVID-19 vaccine is safe and effective for children. More than 11 million adolescents ages 12–17 have already received the COVID-19 vaccine, and as of November 2, children ages 5–11 are also eligible to get vaccinated.