

For Immediate Release

November 10, 2020

- COVID-19 cases continue to increase across Paulding County, and the upcoming holidays create a risk that this will continue.
 - Most people are doing a good job at school and work, but the things we do at home around our friends and family are just as important to prevent COVID-19.
 - If we're smart, we can enjoy the holidays and drive cases down, because we know how to effectively reduce the spread of the virus.
 - Find tips from the CDC about how families can safely enjoy the holidays here: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#thanksgiving>
- Watch for symptoms of COVID-19 and stay at home away from others if you might be sick, even with mild symptoms.
 - Symptoms can be comparable to the flu and range from very mild to severe. Read more about them here: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.
 - If you can't taste or smell Thanksgiving dinner, it's a good idea to stay home.
- Some people with COVID-19 report a distinct loss in taste or smell, which isn't typical with flu. Influenza symptoms may also arrive more suddenly, while COVID-19 illness can appear anywhere from 2-14 days after infection.
 - If you think you might be sick, contact your health care provider to discuss your symptoms and ask if you should be tested for flu or COVID-19.
- Consider alternative ways of celebrating Thanksgiving this year so that you don't put your family and friends at risk.
 - The safest gathering will involve only people you live with.
 - Share your great recipes rather than exchanging dishes or treats.
 - If you host guests, talk ahead of time about ways to keep the group safe, and make sure everyone understands why it's important.
- Set up smaller dining areas or card tables that allow people to be together while keeping distance between groups.
- Limit people going in and out of the areas where food is being prepared or handled, and identify one person to do the serving so no one shares utensils.
- Instead of potluck-style gatherings, encourage guests to bring food and drinks for themselves and for members of their own household only.