

CDC Guidelines for Halloween

The following is a summary of guidance for celebrating Halloween safely during the COVID-19 pandemic from the U.S. Centers for Disease Control and Prevention. Complete guidance may be found at: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#halloween>

Low Risk

- **Carving pumpkins** indoors with your household, or outdoors with friends while socially distanced.
- **Halloween scavenger hunt**: looking for witches, spiderwebs and black cats outside houses. while walking around — or a scavenger hunt for treats in your own home.
- Holding a **virtual Halloween costume contest**.
- Having a Halloween **movie night** with people you live with.

Moderate Risk

- Kids could pick up individually wrapped gift bags at the end of a driveway or yard while still preserving social distance.
- **Small outdoor costume parade** where everyone is 6 feet apart.
- **An outdoor costume party** if people wear masks and stay 6 feet away from each other.
- **An open-air scare-fest** is moderately risky, so long as the route is one-way, people wear masks appropriately and stay 6 feet apart.
- An **outdoor scary movie night** with local friends who are socially distanced.

High Risk

- Classic **door-to-door** trick-or-treating.
- Getting treats from the trunk of cars in parking lots (**Trunk or Treat**).
- Indoor **haunted houses**.
- **Hayrides** with people who are not part of the same household.

And what's the deal with masks?

A costume mask is no substitute for a cloth mask, according to the agency, but don't double up with one over the other because that can make it hard to breathe. Instead, consider a Halloween-themed cloth mask.

Everyone is urged to follow the CDC's guidance and stay safe this holiday season.