

TIPS FOR A HEALTHY, HAPPY HALLOWEEN



Many of our favorite Halloween traditions could increase our risk for getting or spreading COVID-19. We are asking Thurston County residents to incorporate healthy habits into their celebrations this year. **Halloween should be spooky, but not because of COVID-19!**



SAFEST

LOW-RISK ACTIVITIES

Celebrating at home with your household



Have a scavenger hunt with treats hidden around the house or yard.



Dress up and break out the snacks for a spooky movie marathon.

Gathering with friends online



Host a virtual costume contest or pumpkin carving party.



SPOOKIEST

HIGHER RISK — NOT RECOMMENDED!

Crowded halloween parties and events



Thurston County is in Phase 3, meaning gatherings should be limited to 10 or fewer people from outside your household.

Indoor haunted houses (not permitted this year under Safe Start)

Door-to-door trick-or-treating, especially in large groups

IDEAS FOR SAFER TRICK-OR-TREATING

IF YOU GO TRICK-OR-TREATING

- Stick with members of your household.
- Maintain at least 6 feet of distance from people in other groups.
- Incorporate a snug cloth face covering into your costume.
- Wash hands before and after and bring along hand sanitizer.

IF YOU HAND OUT TREATS

- Create grab bags of treats.
- Set treats on a table outside and greet visitors from a safe distance, or try a creative approach, like sliding candy down a long tube.
- Place markers on the ground to help visitors stay 6 feet apart.



BE CREATIVE, BE HEALTHY

However you decide to celebrate, please keep these tips in mind:

- Fewer, shorter interactions are safer.
- Outdoors is safer than indoors.
- 6 feet apart is safer than shoulder to shoulder.
- Wearing face coverings is safer than not wearing face coverings.
- **Don't gather with others or invite visitors if you are feeling sick!**

FIND MORE TIPS: coronavirus.wa.gov | cdc.gov/coronavirus

Infographic courtesy
Kitsap Public Health District.

Tips for a Safer Halloween

Many of the traditional ways in which we celebrate Halloween involve contact with non-household members in large group settings. This year, it is important to plan early and identify safer alternatives to reduce the risk of spreading COVID-19. The Department of Health is offering the following considerations to help protect individuals and communities.

General Considerations

Regardless of how you choose to celebrate Halloween, it is important to keep the following in mind:

1. **Wear a cloth face covering.** Make sure the face covering fits snugly over your nose and mouth.
2. **Avoid confined spaces.** Outdoor activities are safer than indoor activities. If participating in an outdoor event is not possible, and you choose to attend an indoor event, avoid crowded, poorly ventilated, and fully enclosed indoor spaces. Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather.
3. **Avoid close contact with people outside of your household.** Stay at least 6 feet away from all other people who are not part of your own household.
4. **Wash or sanitize your hands often.** Use soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
5. **Stay home if you are sick or were recently exposed to someone with COVID-19.** If you are sick, have symptoms of COVID-19, or have been in contact with someone who has been diagnosed with COVID-19, stay home and away from others.

Recommended	Discouraged
<ul style="list-style-type: none"> • Have a scavenger hunt at home. Dress up and hide candy or other treats throughout the house or around the yard. • Host an online costume or pumpkin carving contest. • Have a Halloween movie marathon with household members. 	<ul style="list-style-type: none"> • Halloween gatherings, events, or parties with non-household members that violate the gathering limitations outlined in Governor Inslee’s Safe Start Plan. Learn more about the gathering limits for each phase. • Traditional trick or treating (handing candy to kids who knock on your door) and large groups of trick-or-treaters.

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| <ul style="list-style-type: none">• If you go trick-or-treating:<ul style="list-style-type: none">○ Stick with members of your household and keep at least 6 feet of distance from any non-household members.○ Wear a cloth face covering or mask if older than age 2. Make sure the mask is snug around your nose and mouth and does not have holes. A plastic costume mask is not a substitute for a cloth face covering.○ Wash your hands before and after trick-or-treating.○ Bring plenty of hand sanitizer.• If you give out treats:<ul style="list-style-type: none">○ Limit candy to individually wrapped treat bags. This reduces the number of people who would typically touch items in a communal bowl.○ If possible, place treats on a table in your driveway or yard to avoid crowds at your front door. To see trick-or-treaters, sit in a chair in your driveway, garage, yard, or porch and maintain at least 6 feet of distance from the treat table.○ Place a few mini pumpkins or other decorations 6 feet apart to signal a line and keep trick-or-treaters distanced while waiting for treats. | <ul style="list-style-type: none">• Trunk-or-treat gatherings with multiple households that facilitate crowding around treats and violate the gathering limitations outlined in Governor Inslee's Safe Start Plan.• Indoor haunted houses are not permitted. Haunted houses must be designed as a no-touch outdoor activity with a one-way path. See Governor Inslee's Phase 2 and 3 agritourism requirements.• Indoor trick-or-treating activities, such as those organized in malls or similar venues. |
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More COVID-19 Information and Resources

Stay up-to-date on the [current COVID-19 situation in Washington](#), [Governor Inslee's proclamations](#), [symptoms](#), [how it spreads](#), and [how and when people should get tested](#). See our [Frequently Asked Questions](#) for more information.

A person's race/ethnicity or nationality does not, itself, put them at greater risk of COVID-19. However, data are revealing that communities of color are being disproportionately impacted by COVID-19- this is due to the effects of racism, and in particular, structural racism, that leaves some groups with fewer opportunities to protect themselves and their communities. [Stigma will not help to fight the illness](#). Share accurate information with others to keep rumors and misinformation from spreading.

- [WA State Department of Health 2019 Novel Coronavirus Outbreak \(COVID-19\)](#)
- [WA State Coronavirus Response \(COVID-19\)](#)
- [Find Your Local Health Department or District](#)
- [CDC Coronavirus \(COVID-19\)](#)
- [Stigma Reduction Resources](#)

Have more questions about COVID-19? Call our hotline: **1-800-525-0127**, Monday – Friday, 6 a.m. to 10 p.m., Weekends: 8 a.m. to 6 p.m. For interpretative services, **press #** when they answer and **say your language**. For questions about your own health, COVID-19 testing, or testing results, please contact a health care provider.

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 ([Washington Relay](#)) or email civil.rights@doh.wa.gov.