

GIVE THANKS NOT COVID



As cases in Arkansas rise and you decide how you will celebrate the holidays, the Arkansas Department of Health strongly encourages you to take precautions to protect yourself, your loved ones and others from the spread of COVID-19.

Lower Risk Activities

- Small dinner with only your household members
- Virtual dinner with your extended friends and family using video technology
- Watching holiday programs from your vehicle or through livestream
- Online shopping

Medium Risk Activities

- Small group (less than 10 persons) outdoor dinner while maintaining 6-foot physical distancing and wearing face coverings
- Going to a pumpkin patch, Christmas tree farm, walk-through holiday light display, or other outdoor events where guidelines are enforced
- In-person shopping during “non-peak” times when physical distancing can be easily achieved

High Risk Activities (Avoid)

- Traveling outside of your local area
- In-person shopping during “Black Friday” sales or other “peak” times
- Large indoor gatherings with people outside of your household
- Attending holiday parties or gatherings, attending a movie, or other indoor event where many people are likely to attend

Do not participate in any in-person holiday festivities if:

- You have tested positive for COVID-19 and you’re within their isolation period, whether or not you have symptoms
- You were exposed to someone diagnosed with COVID-19 within the last 14 days, even if you have tested negative during that time.
- You are experiencing symptoms of COVID-19. Symptoms may include: fever greater than 100.4 degrees Fahrenheit, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, or otherwise feeling unwell.

The decisions every family makes today and over the holiday can have an effect on what life is like a few months from now. No matter how you celebrate Thanksgiving, continue to wash your hands frequently, practice social distancing, wear a face covering in public, and stay home if you are sick.



**SHERIDAN
SCHOOL DISTRICT**

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See additional ADH guidance at the link below:

<https://bit.ly/35C2MV5>