



## MEDIA BRIEFING

### FOR IMMEDIATE RELEASE

November 9, 2020

#### COVID-19/Missouri Weekly Update: 11/9 Public Health Reminders

Missouri continues to see record numbers of new COVID-19 cases and hospitalizations. With Thanksgiving just a few weeks away, the [CDC](#) and public health experts with the One for All Missouri campaign are urging families to plan for a safe Thanksgiving and do everything possible to stop the spread before the holiday.

- To keep our loved ones safe and healthy, we need to adapt our Thanksgiving traditions this year. Plan to celebrate, but not congregate.
  - DO celebrate at home with the people you live with.
  - DO connect with loved ones via video chat or phone calls.
  - DO visit outdoors in an area where you can practice physical distancing.
  - DO cook traditional foods at home to enjoy the familiar tastes and smells of the holiday. Eat dinner together via videoconference.
  - DO prepare food or care packages and deliver them to loved ones.
  - DON'T attend a large Thanksgiving with people from several households.
  - DON'T put high-risk loved ones at risk. People who are older or have underlying health conditions are more likely to become seriously ill from COVID-19.
- If you do plan to see friends and family for Thanksgiving, do everything you can to stop the spread in the weeks leading up to the holiday. By limiting your exposure to the virus, you can reduce the chance that you will get sick or unknowingly spread the virus at Thanksgiving.
  - Avoid gathering in groups and stay at least six feet away from people you do not live with.
  - Wear a face mask that covers your nose and mouth.
  - Stay home as much as possible. Limit your outings to only necessary trips.
  - Use curbside pickup instead of shopping or eating indoors.
  - Wash your hands frequently, with soap, for at least 20 seconds.
  - Avoid touching your face.
  - Stay home if you or anyone in your home is experiencing COVID-19 symptoms.



For more information about how to #stopthespread during the holiday season, visit our website at [oneforallmo.com](http://oneforallmo.com) or connect with us on [Facebook](#) and [Twitter](#). One for All Missouri campaign representatives are available to discuss in more detail.

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