



COVID-19: Thanksgiving



Alert levels and associated measures are determined by the Government of New Brunswick under the advice and guidance of the Chief Medical Officer of Health.

- These measures may be updated on a regular basis based on new scientific knowledge or effectiveness of previous control measures in Canada or in other countries.
- Different regions of the province may be at different alert levels at a given time.
- All businesses are allowed to operate under red, orange and yellow levels but are required to have a COVID-19 operational plan which aligns to Public Health and WorkSafeNB guidance to ensure they protect citizens, patrons and employees at all times.

AT ALL LEVELS:

- Those at low risk can enjoy fall outdoor activities with others (according to the current level), such as walking, biking, and enjoying activities in your yard. Community masks are required when you are unable to distance from those outside of your bubble.
- Thanksgiving is an opportunity to enjoy healthy eating with others (according to the current level), which can provide many benefits and contribute to a healthy lifestyle.
- Preparation of your Thanksgiving meal is a great opportunity to teach your children how to cook.
- Be mindful of your eating habits by enjoying the flavour, texture and aroma, and tuning into your body's fullness cues.
- Food programs are encouraged to continue to offer emergency food to households as needed, such as turkey drives or Thanksgiving dinner baskets, while following [public health measures](#).
- If you are receiving packaged food, such as the donation of a food basket, try to avoid or limit contact with the person delivering it by allowing them to leave it on your step and move away before you bring it indoors.
- If you are delivering a food basket or other packaged food to a household, ensure you have washed or sanitized your hands before handling it. Call in advance so they are aware that you are coming. Ring the doorbell or knock on the door and then step back to allow for distancing when the person opens the door to receive it. Anyone with a cell phone can download the [COVID Alert app](#).
- Do not leave your home if you are ill and/or currently have COVID-19. If you have any symptoms, you can register for a test online by clicking '[get tested](#)' on the GNB Coronavirus website or you can call Tele-Care 811 to get an appointment

YELLOW LEVEL

- Enjoy Thanksgiving activities with your close friends and extended family and follow [public health measures](#).
- Informal indoor and outdoor gatherings are permitted with a maximum of 50 people. [Public health measures](#) must be followed and you are advised to keep a list of participants.
- If you are organizing an informal Thanksgiving meal, also consider:
 - » Holding the activity outdoors if weather permits.
 - » Having hand sanitizer available for guests.



- » Asking your guests to make sure their hands are washed/sanitized before preparing or putting out any food, before eating, and before touching any common items such as serving utensils or condiment containers.
- » Cleaning and disinfecting common touch surfaces before and after the meal/event.
- Those at higher risk should limit their contact to family and close friends and avoid larger gatherings. This includes people with medical conditions (such as heart disease, high blood pressure, lung disease, diabetes, and cancer), people with weakened immune systems from a medical condition or treatment, and older adults.
- Anyone who is sick or has any COVID-19 symptoms should not participate in gatherings.
- If someone isn't able to come to a gathering of close friends or family because they are at higher risk, you may be able to include them in other ways, for example:
 - » Follow public health measures to prepare them a meal in advance and deliver it to them from a distance. Call to let them know you're coming, leave it for them outside their door, then step back for them to take it inside.
 - » To further decrease risk, you can leave packaged ingredients for them to prepare. Make sure to wash or sanitize your hands before handling it.
 - » Do not leave food for anyone unless they are there to take it inside to eat immediately or store properly.
 - » You may also be able to order a meal to be delivered to them by a business.
- You can plan a time during the gathering for the group to chat virtually with people who can't attend. Businesses, organizations or groups that plan events or celebrations, are required to have an operational plan, must keep a list of participants, and ensure physical distancing..

FOR THE LATEST INFORMATION VISIT: WWW.GNB.CA/CORONAVIRUS