



# HALLOWEEN AND COVID-19

## KNOW YOUR RISK, PLAN AHEAD

Many traditional Halloween activities can be high-risk for spreading viruses.

**If you have any symptoms of COVID-19 or you may have been exposed to someone with COVID-19, you should not participate in in-person Halloween festivities and should not give out candy to trick-or-treaters.**

If your family decides to trick-or-treat this year, please follow the guidance below for modified trick-or-treating to ensure the safety of all involved. Modified trick-or-treating is considered a **moderate risk activity**. Traditional trick-or-treating is not recommended.



### LOWER RISK ACTIVITIES

These lower risk activities can be safe alternatives:

- Carving or decorating pumpkins with members of your household and displaying them.
- Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends.
- Decorating your house, apartment, or living space.
- Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance.
- Having a virtual Halloween costume contest.
- Having a Halloween movie night with people you live with.
- Having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house.



### MODERATE RISK ACTIVITIES

Door-to-door trick-or-treating, even with necessary modifications, is considered a moderate risk activity. Consider the following safety tips if your family has decided to trick-or-treat door-to-door.

**Wear a non-medical mask or face covering as part of your costume.**

- A costume mask (such as for Halloween) is not a substitute for a cloth mask. A costume mask should not be used unless it is made of two or more layers of breathable fabric that covers the mouth and nose and doesn't leave gaps around the face.
- Costume masks should not be worn over non-medical masks or face coverings as that may make it difficult to breathe.

- Respect homes by staying away if the lights are out.
- Only trick or treat outside and keep to your local neighbourhood.
- Avoid trick-or-treating in busy areas or indoors (in places like malls) since there may not be enough space to distance.
- Trick-or-treat only with those from your household.
- Bring along hand sanitizer and use it often.
- Leave space between you and other groups to reduce crowding on stairs and sidewalks.
- Wash your hands before you go out, when you get home and before eating treats.
- Don't eat treats on the go.
- You don't need to clean every treat. You should instead wash your hands after handling treats and not touch your face.

### **Get creative handing out treats.**

- Use tongs, a baking sheet or make a candy slide to give more space when handing out candy.
- Plan to hand out individual treats instead of offering a shared bowl. Do not leave a bowl out unattended for children to handle and serve themselves.
- Only hand out sealed, pre-packaged treats.
- Wear a non-medical mask that covers your nose and mouth when handing out treats.
- Be more outside, than inside.
- If you can, stand outside your door to hand out treats so kids won't need to touch the door or doorbell.
- If you're unable to sit outside to hand out treats, clean and disinfect doorbells and knobs, handrails and any other high touch surface often during the evening.
- If you are decorating, avoid props that can cause coughing, such as smoke machines.

## ✘ ✘ ✘ **HIGHER RISK ACTIVITIES** ✘ ✘ ✘

**AVOID** these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Participating in traditional trick-or-treating, without the necessary modifications mentioned above.
- Having trunk-or-treat where treats are handed out from trunks of cars lined up in large parking lots.
- Attending crowded costume parties held indoors or outdoors.
- Going to an indoor haunted house where people may be crowded together and screaming.
- Using [alcohol or drugs](#), which can cloud judgement and increase risky behaviours.

# BRANT COUNTY HEALTH UNIT

