

Having “The COVID Chat” this Thanksgiving



Do:

- **Be clear:** Say “no” to anything that could increase risk for you or the people you care about
- **Offer alternatives:** Ask if there’s another way to connect with family. Acknowledge you want to see them and find a different way to share the experience
- Drop off holiday meals for older loved ones and those with medical conditions, so they can stay home
- Plan safe celebrations well in advance, then stick to the plan
- **Be honest:** Remind people that you care about them and need to take precautions this year for everyone’s health

Don’t:

- Plan celebrations with multiple households
- Make someone feel guilty for not wanting to gather in person
- Ridicule someone for wanting to take precautions
- Feel pressured to take risks you’re not comfortable with
- Forget to be compassionate, even when turning down an invitation
- Miss connecting by phone or virtually with isolated or quarantined loved ones



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Stay safe, California. We’re in this together.