



Topic: Halloween and Día de los Muertos

Date: October 13, 2020

Summary

- The California Department of Public Health (CDPH) released guidance for Halloween and Día de los Muertos celebrations on Oct. 13, 2020.
- Many traditional Halloween celebrations – such as parties and in-person, door-to-door trick-or-treating – pose a high risk of spreading COVID-19 and are strongly discouraged. These activities involve face-to-face interactions with people from different households, and if an infection is detected among a participant, it will be very difficult to find and notify those who may have been exposed.
- This guidance provides safer alternatives for celebrating during the ongoing COVID-19 pandemic.
- Your local health department may have additional restrictions.

Choose Lower Risk Activities

- Trick-or-treating involves mixing of many households, particularly on crowded doorsteps, which can increase the spread of COVID-19.
- If there is a positive case discovered, it's hard to contact trace to identify the many trick-or-treaters who may have been exposed.
- To protect yourself and your community, traditional Halloween celebrations – such as parties and in-person, door-to-door trick-or-treating – are strongly discouraged.
- The safest way to celebrate is with the people in your household or celebrating virtually. Here are some ideas:
 - **At-Home Halloween:**
 - Create a haunted house or candy scavenger hunt
 - Host a scary movie night, with pumpkin carving activities and sweet treats
 - Dress up your home and yard with Halloween decorations
 - Prepare a Halloween themed meal with your household
 - **Virtual Halloween:**
 - Host a virtual party, complete with costumes and pumpkin carving
 - **Car-Based Halloween:**
 - Gather the household for a car-based outing such as a drive-in movie or drive to view Halloween decorations
 - **Outdoor Halloween:**
 - Enjoy a Halloween-themed art installation at an outdoor museum

Safer Día de los Muertos Activities

- The safest way to celebrate Día de los Muertos is to spend time with people in the same household or to celebrate virtually.
- Here are some low-risk options:
 - **Altars:** Create your altar in a front window or outside so others can enjoy from a safe distance.
 - **Virtual Altar:** Create a virtual space to honor lost loved ones and share via email or social media.
 - **Cemetery Visits:** If you visit the cemetery, only visit with those you live with, wear masks and maintain appropriate social distancing. Keep your visit short.

Personal Protection Measures

No matter how you celebrate, remember:

- **Wear a Face Covering.** Plastic, rubber, vinyl and other Halloween costume masks are not an acceptable substitute for cloth face coverings for the prevention of COVID-19 spread.
- **Practice Physical Distancing:** Avoid confined spaces, especially indoors. Stay least 6 feet away from all other people who are not part of your own household, especially while talking, eating, drinking, and singing.
- **Good Hygiene:** Wash or sanitize your hands often. Clean frequently touched items regularly.
- **Minimize Mixing:** Plan activities to limit mixing between different households. Currently gatherings of more than three households are prohibited in California. You can gather with up to two other households. This means that on Halloween, if you are spending time with others, you must stick with a maximum of three households (including your own), and not mingle with others.
- **Stay Home if You are Sick or You are in a High-Risk Group:** If you are sick or in a high risk group, you should discourage trick-or-treaters from coming to your door by turning off your porch light and other Halloween decoration lights on Halloween night.
- **Respect your neighbors and your community:** Everyone is navigating the COVID-19 pandemic to the best of their abilities and has different comfort levels about what is safe to do. Your local community or your neighbors may be more restrictive than the State's guidelines and we ask that you respect your neighbors' wishes and concerns.