Oregon Health Authority

PUBLIC HEALTH DIVISION

How to keep the fright away and gather safely this Halloween season

Hosting a Halloween party for grownups this year is doable and doesn't have to be virtual. But with the highly transmittable Delta variant, it does take a bit of planning and caution.

"Make sure you're vaccinated, that's number one," said Ali Hamade, Oregon Health Authority (OHA) senior health advisor and deputy state epidemiologist. "Number two, wear a good face covering that is at least two layers thick. A Halloween mask will not do the job. Hamade adds that outdoor gatherings are best because the risk of transmission is much lower than socializing indoors.

When hosting a gathering, these tips can help keep you and your guests stay healthy:

- Host the party outdoors in a space that allows for guests to stay six feet apart.

- Wear face coverings if you are within six feet of others.

- Discourage guests from crowding together.

- Keep the guest list small and stick with vaccinated guests (no children under 12).

- Don't replace COVID-safe face coverings with costume masks.

- If your party takes place during trick-or-treating, please wear a mask when handing out candy.

When eating and drinking with others not in your household who have not been isolating for 10 days or longer, please:

- Don't crowd the food table and maintain distance from other people.

- Wash your hands before and after eating.

- Avoid touching your face with unwashed hands.

In case guests go inside, be prepared in advance by opening windows and running a fan or air purifier to maximize ventilation. Remind guests that when they are indoors to keep on their masks and physically distance.

To read more about safely gathering and doing activities with others, visit the Centers for Disease Control and Prevention (CDC) here.

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