

Fall is a glorious time of year in Sewanee. With the holidays on the horizon, we know that everyone is eager for the return of traditions and with them some sense of normalcy. In particular, trick-or-treating is a cherished tradition for many young people. However, this Halloween, we hope you will help us combat COVID-19 by continuing to put safety first.

The Centers for Disease Control (CDC) has issued specific guidelines for various holidays, including Halloween, and extensive detail can be found on [this page](#) on the CDC website. Among their recommendations, it is advised to:

- Avoid participating in traditional trick-or-treating, where treats are handed to children who go door to door.
- Avoid trunk-or-treat events, where treats are handed out from trunks of cars lined up in large parking lots.
- Avoid attending crowded costume parties held indoors.
- Avoid going to an indoor haunted house where people may be crowded together and screaming.
- Avoid crowded hayrides or tractor rides with people who are not in your household.
- Avoid using alcohol or drugs, which can cloud judgement and increase risky behaviors.
- Avoid attending fall festivals if you live in an area with community spread of COVID-19.

We encourage you to review all of the [CDC's guidance on Halloween](#) closely.

Thank you in advance for approaching Halloween and the upcoming holiday season with careful consideration as we work to decrease the spread of COVID-19. We look forward to returning to the Halloween traditions we all know and enjoy as a community once this virus is behind us.

Stay healthy and safe,

Mariel Gingrich

Dr. Mary Heath

Public Health Officers

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