Halloween

Many traditional Halloween activities can be high-risk for spreading COVID-19 or influenza. There are several safer, alternative ways to participate in Halloween.

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

Steps for Safer Trick-or-Treating

Wear a mask

- Make your cloth mask part of your costume.
- A costume mask is not a substitute for a cloth mask.
- Do NOT wear a costume mask over a cloth mask.

Keep 6 feet apart from others who do not live with you

- Indoors and outdoors, you are more likely to get or spread COVID-19 when you are in close contact with others.
- Choose a place to trick-or-treat where individually wrapped food or goodie bags are accessible for families to grab-and-go while continuing to maintain physical distance.

Clean your hands

- Bring hand sanitizer with you and use it after touching objects or other people.
- Parents: supervise young children using hand sanitizer.
- Wash hands with soap and water for at least 20 seconds when you get home and before you eat any treats.

Low Risk Alternatives to Trick-or-Treating

- Host a virtual Halloween costume contest.
- Have a Halloween movie night with people you live with.
- Create a scavenger hunt-style trick-or-treat search with your members of your household in or around your home.

Steps for Distributing Treats Safely

- Avoid direct contact with trick-or-treaters.
- Give out treats outdoors, if possible.
- Use bowls to distribute individually wrapped treats for kids to take.
- Wash hands before handling treats.
- Wear a mask.
- Clean frequently touched items regularly.

Reminder to residents who do not want to pass out candy this weekend to turn off their outside lights.

For more guidelines from the Maine CDC, visit www.maine.gov/decd/checklists/seasonal-activities

Wear a Mask, Show You Care.
For more information, visit MaskUpForMe.com