

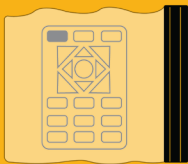
Thanksgiving Pandemic Safety Tips and Suggestions



If you are the one hosting Thanksgiving, carefully consider who you want to invite. Friends and family you know have been vaccinated are recommended, but those who you know are responsible would be acceptable. However, be polite and respectful in explaining why you are inviting or not inviting.



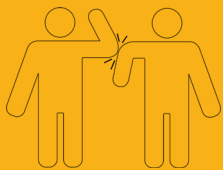
If you are the host, clean all surfaces that you are sure will be frequently touched for the duration of the visit before your guests arrive. These include but are not limited to tables, chair arms, kitchen surfaces, bathroom surfaces, door handles, light switches, and sink faucets.



If hosting, and you want to entertain your guest with movies, television or just a slide show of photos, place all device remotes in Ziplock bags. This way you only need to clean the flat bag surfaces and not the remotes after the visit. This would eliminate the risk of getting moisture around the remote buttons and damaging sensitive electronics.



If hosting and you own a medium to large size fan, place it in either the hallway or near a screen door if you have a sliding glass door. You can even place it near a window with a screen. This will keep air circulating throughout your home. This is recommended if your local weather is not experiencing bad weather.



When greeting your guest or host, avoid handshaking and do a gentle elbow tap instead. This way you can avoid spreading potential germs from hand to hand.



An absolute must - if you are the host or guest wash your hands with soap very thoroughly and often for the duration of the visit. This is especially true when you are about to handle food or eat it. So, stock up on plenty of hand soap.



Balance Physical Therapy encourages you to consider these precautions, and wishes you a safe and happy Thanksgiving.

