



North Central District Health Department

Protecting Henry, Shelby, Spencer, and Trimble Counties
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North Central District Health Department recommendations for this year's Thanksgiving holiday.

Shelby County, KY- This year we have seen big changes in the way that we execute our daily lives and our special occasions to protect everyone around us. It is best to celebrate with just your household family members.

Roanya Rice, Director-North Central District Health Department states, "We understand the urge to gather with your family and loved ones but doing so could put everyone's health at risk. Staying home is the best way to protect yourself and others."

North Central District Health Department recommends that you follow Center for Disease Control (CDC) guidance regarding Thanksgiving. Please visit this **CDC Celebrating Thanksgiving**: <http://t.ly/NczH> for COVID-19 guidance for holiday celebrations.

Some ideas you may choose to make Thanksgiving safe are the following:

- Have a virtual dinner and share recipes with friends and family.
- Prepare a traditional family recipe for family and neighbors, especially those at higher risk of severe illness from COVID-19 and deliver the food in a way that does not involve contact with others.
- Consider ordering carry-out instead of dining in a restaurant.
- Consider ordering your groceries on-line and have the groceries delivered or pick up via drive thru.

If you prepare Thanksgiving for your household members, please see **CDC Food Safety Tips for your Holiday Turkey**: <http://t.ly/Ovlz> for guidance on safe thawing, prepping, cooking and leftovers.

North Central District Health Department wishes you a safe, healthy and Happy Thanksgiving.

For additional information, please contact Tony Millet at (502)221-1795 or www.ncdhd.com

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