



October 14, 2021

### **COVID-19 is No Treat: Tips for a Safe, Spooky Halloween in Contra Costa County**

With the Halloween and Día de los Muertos holidays coming up, Contra Costa Health Services (CCHS) encourages everyone to celebrate safely and protect themselves and their loved ones from COVID-19.

Our single best protection from COVID-19 is vaccination. All the vaccines are the safe, effective and free in Contra Costa County for anyone who is 12 or older, and now is a great time to consider one if you plan to attend a holiday gathering – visit [coronavirus.cchealth.org/get-vaccinated](https://coronavirus.cchealth.org/get-vaccinated) for locations, appointments and more information.

Other ways to make the holiday safer include:

- **Wearing protective masks, not costume masks**  
Masks on costumes are no substitute for well-fitted face masks that cover the mouth and nose. It's also safer to avoid wearing a costume mask over a protective mask, as it can be dangerous if the costume mask makes it hard to breathe.
- **Taking precautions while trick or treating**  
Many trick-or-treaters are too young for vaccine, so the community must work together to reduce their risk. Protective face coverings, physical distancing and liberal use of hand sanitizer are all healthy choices. Remember your mask when handing out candy!
- **Gathering outdoors, and in smaller groups**  
Indoor gatherings where people from different households mingle are higher risk – especially if unvaccinated. Consider moving outdoors, and limiting how many visitors.

Contra Costa does still have local health orders requiring face masks in many indoor public spaces, and proof of vaccination or a recent, negative test to visit some businesses, including bars and restaurants. Learn more at [coronavirus.cchealth.org/health-orders](https://coronavirus.cchealth.org/health-orders).

Anyone who is not feeling well should stay home and avoid close contact with others, especially if they have [symptoms that could be COVID-19](#).

COVID-19 testing is a great choice for people who develop symptoms, or who attend gatherings with others outside the household, even if they have no symptoms. Three to seven days after a gathering is the best time to test. Visit [coronavirus.cchealth.org/get-tested](https://coronavirus.cchealth.org/get-tested) for information about getting tested in Contra Costa.

