



Renfrew County and District Health Unit  
"Optimal Health for All in Renfrew County and District"

## For Immediate Release

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(Pembroke, Ontario, 1:30 p.m., October 22, 2020)

### **How to Safely Navigate Halloween During COVID-19**

Renfrew County and District Health Unit (RCDHU) wants residents to be safe this Halloween. Due to the significant increase in COVID-19 case counts in Renfrew County and District (RCD), RCDHU is recommending that residents consider opting for safer alternative ways to celebrate Halloween. **RCDHU is strongly recommending the cancellation of traditional organized community/municipal Halloween events where unmonitored or private social gatherings occur.**

RCDHU is encouraging Halloween parties or gatherings be hosted virtually, while other ideas for celebrating such as pumpkin carving, decorating windows, candy treasure hunts, or watching scary movies, can be done within your immediate household. If you choose to go trick-or-treating, RCDHU recommends staying outdoors, starting earlier during daylight hours, staying in your local community and away from busier areas, and go with members of your direct household. Visit [RCDHU's Fact Sheet: How to Safely Navigate Halloween During COVID-19](#) for more information.

Residents of RCD must remain vigilant as RCD is neighbouring Ottawa, a designated COVID-19 "hot spot." RCD does not want to move into modified Stage 2 restrictions, similar to our counterparts. Therefore, everyone must do their part to stop the spread; stay home if you are sick, avoid contact with people who are ill, limit social activities, practice physical distancing (2 metres), wear a mask/face covering when physical distancing cannot be maintained, wash your hands, and use the COVID Alert App.

"I know that Halloween is a fun holiday and trick-or-treating, parties and gatherings, are popular activities, but we all must remember that we do not want to bring COVID home along with our treats. So be COVID smart and enjoy your Halloween," states Dr. Robert Cushman, Acting Medical Officer of Health. **Please note that these are the current guidelines and are subject to change pending further guidance from the local Medical Officer of Health and/or the province.** For more information visit RCDHU's website at: <https://www.rcdhu.com/>.

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