

# PENNINGTON & RED LAKE COUNTIES WELLNESS NEWSLETTER October 2020



## Halloween Safety Tips

- A costume mask (such as for Halloween) is not a substitute for a cloth mask. A costume mask should not be used unless it is made of two or more layers of breathable fabric that covers the mouth and nose and doesn't leave gaps around the face.
- Do not wear a costume mask over a protective cloth mask because it can be dangerous if the costume mask makes it hard to breathe. Instead, consider using a Halloween-themed cloth mask.

## Moderate Risk Activities- Always Wear your Mask, 6' Distance, or more if screaming

- Participating in one-way trick-or-treating: individually wrapped goodie bags lined up for families to grab and go.
- Having a small group, outdoor, open-air costume parade.
- Attending a costume party held outdoors.
- Going to an open-air, one-way, walk-through haunted forest.
- Visiting pumpkin patches or orchards, use hand sanitizer before touching pumpkins or picking apples.
- Having an outdoor Halloween movie night with local family friends.

## Higher Risk Activities

- Traditional trick-or-treating where treats are handed to children who go door to door
- Having trunk-or-treat where treats are handed out from trunks of cars in large parking lots
- Attending crowded costume parties held indoors
- Going to an indoor haunted house where people may be crowded together and screaming
- Going on hayrides or tractor rides with people who are not in your household
- Using [alcohol or drugs](#), which can cloud judgement and increase risky behaviors

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#halloween>



Staying home when you are sick is one of our best ways to fight COVID-19 and the Flu.

## COVID-19 Guide for Families

### Definitions

**What is a close contact?** Close contact means being within 6 feet of someone with COVID-19 for at least 15 minutes.

**Casual contact**, such as passing someone in the grocery store, is low risk for spreading COVID-19.

### What do isolation and quarantine mean?

Isolation and quarantine describe what someone should do because they have COVID-19 or have been exposed to it. These are public health actions that help stop the spread of germs and keep people safe.

**Isolation** means keeping sick people away from healthy people. The sick person stays home and stays away from other people in their home as much as possible.

### Here are ways to do this at home:

- They can stay in their own bedroom or another part of the home and use their own bathroom if possible. They should stay out of areas where others gather--kitchen and living room.

**Quarantine** means keeping people who are not sick yet, but who were exposed to a sick person, away from others. Someone can spread COVID-19 before they have symptoms. Quarantine stops them from accidentally spreading the virus to other people.

- The person who is in quarantine should stay away from others. This means not participating in activities outside the home.

In either situation, choose one person to care for the person in isolation or quarantine, if possible. This person should keep their distance from other people, use a face mask, and wash their hands often.

<https://www.health.state.mn.us/diseases/coronavirus/schools/attendance.pdf>

### Are you Prepared?

If you received a call that you or your child was in close contact with a person who had a positive Covid-19 test result, would you be prepared to quarantine for 14 days?

### National Emotional Wellness Month

How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. How you react to your experiences and feelings can change over time. Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. The National Institute of Health has a toolkit with information on six strategies for improving your emotional health.

One is **Brighten Your Outlook:**

**To develop a more positive mindset:**

**Remember your good deeds.** Give yourself credit for the good things you do for others each day.

**Forgive yourself.** Everyone makes mistakes. Learn from what went wrong, but don't dwell on it.

**Spend more time with your friends.** Surround yourself with positive, healthy people.

**Explore your beliefs about the meaning and purpose of life.** Think about how to guide your life by the principles that are important to you.

**Develop healthy physical habits.** Healthy eating, physical activity, and regular sleep can improve your physical and mental health.

<https://www.nih.gov/health-information/emotional-wellness-toolkit>



## Parenting Tips

### Design your own costumes

If you can believe it, Halloween is near. And as with most celebrations during COVID-19, parents are at a loss for how to make Halloween fun and safe.

“Like with so many other things this year, we have to try to find a silver lining when it comes to celebrating Halloween,” said Seattle, Washington-area pediatrician Dr. Mollie Grow. “All the things we’d usually do-in person, like birthdays or graduations, we’ve figured out other ways to do them safely, so we need to apply that same creativity to Halloween.”

Avoiding large gatherings is still important this Halloween, Grow stressed, so here are some creative ways to still celebrate and enjoy Halloween while limiting how many people you encounter.

Here are some fun ideas

1. Design your own costume
2. Make fall recipes as a family
3. Trick-or-treat around the house
4. Go on a Bingo hike
5. Decorate for your elderly neighbors
6. Get outside and explore



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