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**An extra helping of safety, please**

We strongly recommend families avoid sharing their Thanksgiving outside their households, but we also recognize that this may be difficult. If you plan on having Thanksgiving with people outside of your household, we urge you to watch this short video and apply these tips to your Thanksgiving planning.

Here's a [printable checklist](#) for a safer holiday season.



**Una ayuda extra de seguridad, por favor**

Recomendamos firmemente a las familias que eviten compartir el día de Acción de Gracias fuera de sus hogares, pero también reconocemos que esto puede ser difícil para algunas familias. Si planeas celebrar el día de Acción de Gracias con personas fuera de tu hogar, recomendamos a que veas este video y apliques los consejos a tu planificación de Acción de Gracias.

Aquí hay [una lista imprimible de precauciones](#) para celebrar las fiestas seguramente.



**More free testing events**

Due to an influx of testing being done at local medical centers, we have added additional drive-thru testing dates to our already scheduled FREE testing events.

Testing is now scheduled 9 a.m.-4 p.m. at Wenatchee High School Nov. 25, Nov. 27-30 and Dec. 19-20. Pre-register by clicking on "learn more."

**Más pruebas gratuitas**

Debido al aumento de pruebas que se realizan en los centros médicos locales, hemos añadido fechas adicionales de pruebas estilo drive-thru a nuestros eventos de pruebas GRATUITAS ya programados. Las pruebas ya están programadas de 9 a.m.-4 p.m. en Wenatchee High School el 25 de noviembre, 27-30 de noviembre y el 19 al 20 de diciembre. Regístrate haciendo clic en "Aprender más."

[Learn more](#)

[Aprende más](#)

## Town Hall replay



Doctor Butler from CVCH and Dr. Rutherford and Dr. Mabel Bodell from Confluence Health discuss the latest spike and this critical moment in our fight against COVID-19.

[Watch now](#)

## Repetición del ayuntamiento



El Doctor Butler de CVCH y el Doctor Rutherford y la Doctora Mabel Bodell de Confluence Health hablan sobre el último aumento de casos y el momento crítico en nuestra lucha contra el COVID-19.

[Ver ahora](#)

# If You Gather: A Safety Checklist

If you gather, there's a risk of spreading COVID-19. The safest plan is to stay home. If you decide to gather, here's how to lessen the risk.

## BEFORE



**Review your guest list.** Limit guests who live outside of your household to 5 or less.



**Guests should quarantine.** Isolate 7 days prior to the gathering and get a negative COVID-19 test no more than 48 hours to the gathering.



**Do a health check.** Ask guests to check their temperature before arriving. Anyone with a fever, cough or shortness of breath, or knows they have been exposed to someone with COVID-19 within the last two weeks—should stay home.



**Clean, clean, clean.** If you're hosting, frequently disinfect surfaces that people may encounter during their visit.

## DURING



**Wash early and often.** Ask guests to wash hands on arrival, before and after eating, and before they leave with soap for at least 20 seconds.



**Mask up.** Wear a face covering at all times when not eating. Consider having extra masks on hand if people forget.



**Separate servings.** Provide individual servings or designate one person to serve food. Don't share drinks.



**Avoid close contact.** Smiles and air hugs only, and prepare kids ahead of time to do the same.

## AFTER



**Sanitize.** Clean all surfaces that may have been touched by guests such as tabletops, counters, doorknobs and bathroom fixtures, with soap and water first, and then a disinfecting agent.



**Watch for symptoms.** Alert others at the gathering if there's a positive test among anyone in attendance. Learn more about what to do if you've been exposed.

for more tips, visit

[www.coronavirus.wa.gov/information-for-you-and-your-family/safer-gatherings](http://www.coronavirus.wa.gov/information-for-you-and-your-family/safer-gatherings)



There's no safe way to share Thanksgiving with people outside of your household. Gov. Jay Inslee -- along with the governors of Oregon and California -- issued [new restrictions](#) through Dec. 14. However, if you still insist on gathering, here's a guide to lessen the risk.

## Holiday planning checklist

No hay una manera segura de compartir el Día de Acción de Gracias con personas fuera de su hogar. El gobernador Jay Inslee, junto con los gobernadores de Oregon y California, emitió [nuevas restricciones](#) hasta el 14 de diciembre. Sin embargo, si sigues insistiendo en reunirte, aquí tienes una guía para disminuir el riesgo.

## Una guía para celebrar los días festivos de forma más segura

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