

## Mayo Clinic Minute: Reconsidering Halloween activities

Video	Audio
	There might not be little goblins and witches knocking on doors this Halloween.
Nipunie Rajapakse, M.D. Pediatric and Adolescent Medicine Mayo Clinic	"We are discouraging participating in any activities that significantly increase your risk of transmission or exposure to the infection."
	But that doesn't mean that Halloween needs to be canceled.
	Skip the candy exchange and visit a pumpkin patch, and then carve the pumpkin with household members. Or pick apples at an orchard where social distancing is enforced.
SOT	"Have a virtual costume party, for example, instead of meeting with other people in person would be considered a low-risk way to mark the Halloween holiday."
	Keep in mind that a costume mask won't protect you against COVID-19, so consider a Halloween-themed cloth mask instead.
SOT	"Wearing a cloth face covering; making sure that you're washing your hands frequently, and for 20 seconds, either using soap and water or an alcohol-based hand sanitizer; and really trying to adhere to that 6 feet of physical distancing will be the measures that keep you and your family as safe as possible.
	For the Mayo Clinic News Network, I'm Joel Streed.