

Mayo Clinic Minute: High - vs. low-risk Halloween ideas

Video

Audio

	Halloween might be one day, but autumn is a season that can be full of fun. Dr. Nipunie Rajapakse says, with precautions, families can find ways to enjoy both safely.
Nipunie Rajapakse, M.D. Pediatric Infectious Diseases Mayo Clinic	"One of the big things that we've learned about how the virus is spread is that it really doesn't spread well outdoors."
	Apple orchards are a low-risk option.
	Pumpkin patch visits are, too.
	Bring one home and carve it with the kids.
	"High-risk activities to avoid would be any indoor, crowded setting, for example, like an indoor Halloween party, especially where you have lots of young kids who are likely unvaccinated."
	Masks are a big part of Halloween, so make them fun. Keep your trick-or-treating group small and avoid indoor gatherings. Dr. Rajapakse says keeping kids safe is the priority.
	"When it comes to COVID-19 prevention strategies, using a layered approach is what is most effective."
	For instance, get vaccinated if eligible, wear a mask in public, avoid crowded indoor spaces and practice good hand hygiene.
	For the Mayo Clinic News Network, I'm Joel Streed.