

KEEPING YOU INFORMED AND SAFE

# SOONER SAFETY NEWSLETTER

*November 2020 Edition*



**KEEPING YOU INFORMED  
ON HOW TO STAY SAFE AND HEALTHY**



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# Halloween in 2020 Having Fun and Staying Safe

The current pandemic has undoubtedly made it difficult to enjoy some of the more social activities. However, just because we need to alter some of our plans does not mean we have to miss out on some of the best celebrations of the year!!!

Check out some of the tips and tricks on how to enjoy Halloween safely in 2020!

Be safe out there and HAPPY HALLOWEEN!!!



**HALLOWEEN & COVID-19**

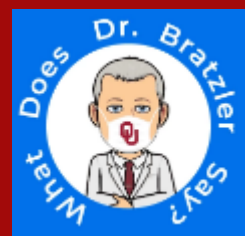


LOW-RISK ACTIVITIES		ACTIVITIES TO AVOID	
 DECORATING PUMPKINS OR YOUR HOME WITH YOUR FAMILY	 A SCAVENGER HUNT-STYLE TRICK-OR-TREAT SEARCH WITH YOUR HOUSEHOLD	 TRICK-OR-TREATING WITHOUT WEARING PROPER FACIAL COVERINGS	 ATTENDING CROWDED COSTUME PARTIES HELD INDOORS
 HAVING A HALLOWEEN MOVIE NIGHT WITH YOUR FAMILY	 HAVING A VIRTUAL HALLOWEEN COSTUME CONTEST	 GOING TO AN INDOOR HAUNTED HOUSE WHERE PEOPLE MAY BE CROWDED TOGETHER	 GOING ON HAYRIDES OR TRACTOR RIDES WITH PEOPLE NOT IN YOUR HOUSEHOLD

## Burning COVID-19 Questions? Ask Dr. Bratzler!



COVIDQUESTIONS@OUHSC.EDU



# Halloween in 2020

## Having Fun and Staying Safe

# HALLOWEEN 2020

(a social distancing guide)

PHOTO BY MARTIN R. SMITH

Halloween is probably the only holiday that can adhere to most COVID-19 guidelines so why would we cancel it?

Most costumes already have masks!

Tons of costumes have gloves!

Almost all costumes are only worn once.

All treats given out are wrapped and sealed!

Trick-or-Treating (not trunk-or-treating) means little to no crowds staying in one place for long amounts of time

Halloween is a holiday that doesn't involve a lot of hugging older family members... or anyone for that matter!

Halloween 2020 is also on a Saturday, will have a full moon, and will be an extra hour long (daylight savings) the universe has never wanted us to celebrate a holiday more than this.





## VOTE EARLY!!!

### Oklahoma Deadlines:

October 27 - last day to request an absentee ballot

### October 29 and 30

early voting from 8am to 6pm

### October 31

early voting from 9am to 2pm

## Voting in 2020 - Staying Safe at the Polls

Whether you will vote in-person or via absentee ballot, make sure to **cast your vote early!**

Follow these few tips and tricks to stay safe at the polls!



**VOTING IN PERSON?**  
HOW TO STAY SAFE:

- avoid lines** by preparing documents and forms in advance
- practice physical distancing**
- vote early** or attend the polling station at **off-peak** times
- wear a face mask**
- use hand sanitizer frequently**
- bring your own** black pen and e-stylus

MEDICALNEWS TODAY





## Getting Ready to Celebrate!

Thanksgiving is a time for families to get together, to be thankful for our blessings, and to enjoy a bountiful meal! This often includes extensive travel.

Check out these tips and tricks on how to safely travel or celebrate the holiday at home!

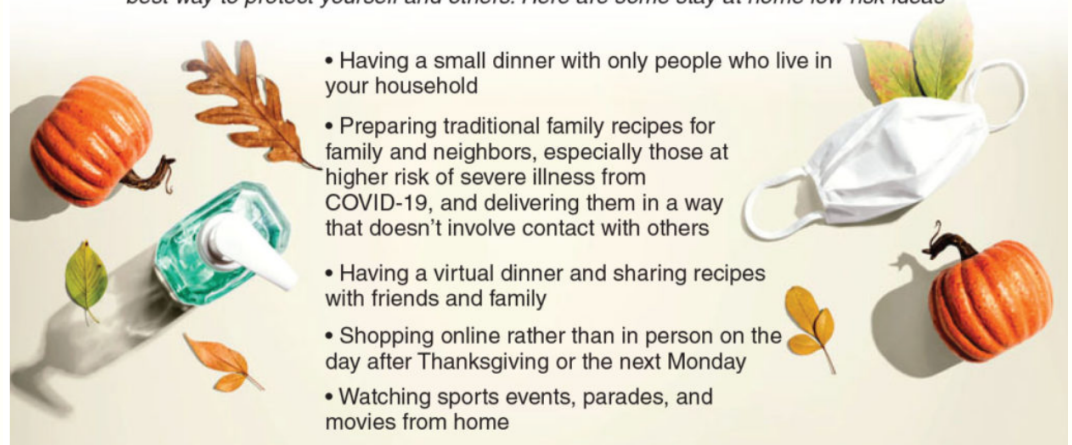
## Thanksgiving Holiday Travel A Virus-Free Turkey Fest!

### Travel Tips:

- Travel in small groups
- Have plenty of disinfectants and replacement masks on hand
- consider car travel over plane travel
- do your research on travel options, prices, and possibilities in your area and the area you will travel to
- plan early and travel early to avoid the masses!

## Low risk activities to practice this Thanksgiving

*Thanksgiving is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. Here are some stay at home low risk ideas*



## Have some Thanksgiving recipes you would like to share?

Contact us and we will make sure to share your culinary expertise with the OUHSC community!





## IN THE NEXT ISSUE

- Body and Mind - Finals 2020
- Safety Tips on the Go - Happy Holidays!
- A 2021 Preview

### PLUS:

- Keep an eye out for safety tips and tricks on IG!

 @hscstudent



**QUESTIONS? CONCERNS? - CONTACT US!**

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