Celebrating Halloween and Día de los Muertos Safely During the Pandemic

DO
• Celebrate with people in the same household
• Have scary movie night or other Halloween-themed activities with people in your household
• Have a candy scavenger hunt or haunted house with people in your household
• Decorate your home and yard
• Participate in online parties and contests
• Prepare family recipes
• Play music in your home that your deceased loved ones enjoyed
• Make or decorate a mask, make an altar for the deceased in your home
• Decorate home with images and objects to honor your deceased loved ones

DON’T
• Go door-to-door trick or treating or “trunk or treating” from car to car
• Attend gatherings/celebrations with non-household members
• Create or attend carnivals, festivals, haunted houses with non-household members
• Go on hayrides/tractor rides with people not in your household
• Attend large indoor celebrations with singing and chanting
• Have large dinner parties with people from different households coming from different geographic locations

Key Point – The safest way to celebrate Halloween and Día de los Muertos is to spend time with people in the same household or to celebrate virtually.

Halloween Candy: Your Dental Health Survival Guide

Chocolate: Chocolate is one of the better candies because it washes off your teeth easier than other types of candy.

Sticky and Gummy Candies: Be picky if it’s sticky. These are some of the worst candies for your teeth because they are hard to clean off.

Hard Candy: Hard candies can actually break your teeth if you’re not careful!

Sour Candy: Sour candy can be very acidic. That acidity can weaken and damage the hard outer shell of your teeth.

Key Point – It is okay to eat candy on Halloween as long as you are brushing twice a day and flossing once a day all year long!

Source: MouthHealthy, American Dental Association

Feeling Stressed by COVID 19?

Our California Surgeon General, Dr. Nadine Burke Harris, has been a key player in Governor Newsom’s “California for All” agenda. Among her many projects have been the Surgeon General’s Stress Relief Playbook for Caregivers and Kids, and the California HOPE project.

Are you frustrated? Stressed? Worried? Then call to talk with people like yourself and get emotional support and coping tricks. You will be connected with resources to help during these uncertain times.

CalHOPE Warm Line: (833) 317-HOPE (4673)

Online stress management resources: covid19.ca.gov/manage-stress-for-health

Key Point – Help is just a phone call away!

Source: California for All, CalHope, DHCS