





Plan a fun and safe Halloween!

What's more fun for a kid than dressing up as a favorite hero or villain and getting lots of candy?

Many parents are wondering how to enjoy Halloween amid concerns about COVID-19. But don't let COVID take the fun out of fall and winter holidays. We all need a little joy and excitement right now!

Here are ways to plan for fun while keeping your family healthy. These ideas focus on Halloween, but they can easily adapt to plan for Dia de los Muertos, Thanksgiving, Diwali, and winter holidays.

 First, determine your risk based on where you live. The Harvard Global Health Institute has created [Halloween2020.org](https://www.halloween2020.org) to help see your local risk level. Counties are colored red, orange, yellow, and green based on current COVID-19 cases in that area. Currently, Linn, Benton, and Lincoln Counties are all yellow – hurray for our communities working to keep everyone healthy! Each color has ideas for celebrating Halloween, plus [general social distancing suggestions](#) for fun and safety.

 Second, plan your family's activities to lower the risk to yourselves and others. Here are some ideas for Halloween and other upcoming holidays.

Lower risk holiday activities

1. Carve or decorate pumpkins, make or decorate masks, or create an altar in your home for Dias de los Muertos.
2. Decorate your home, front door or window for the holiday – make it a competition!
3. Create a [scavenger hunt](#) around your home or yard. Hold the hunt in the dark with flashlights to make it scarier for older kids.



4. Have a virtual get-together with friends and family with a costume contest, and bake/cook traditional recipes or treats to enjoy together virtually.

5. Have a themed movie night with those who share your home with lots of [themed snacks](#) and foods.



Moderate risk holiday activities

1. Plan with your neighbors to have individual treat bags for trick-or-treaters to pick up along the sidewalk. Or, make a [candy delivery machine with tubes](#) or a giant spider web with candy stuck on it.
2. Host an small outdoor costume contest or socially distanced dinner party.
3. Explore an open-air haunted maze or forest. Keep a safe distance, use hand sanitizer, and wear masks.



Holiday activities and risks

4. Have an outdoor movie night with social distancing, wear costumes and masks, and serve themed snacks.
5. For Dias de los Muertos, visit graves of loved ones with your household members.



Higher risk holiday activities

Remember, these aren't a good idea to do right now, but are included here as a caution.

1. Traditional trick-or-treating or trunk-or-treating – these mean you will have close contact with people who are outside your social circle.
2. Crowded gatherings, indoors or outdoors – again, these events carry the risk of close contact with people who aren't in your family's social distancing circle. They can include anything with other people that you don't live with like hayrides, festivals, parties, indoor haunted houses, shopping in crowded stores, and large sport events.

Halloween Treat for Parents from Pollywog

Get Bright by Text for Free!
Just text Pollywog to 274448

Bright by Text helps parents/caregivers with information and tips.

- Sign up for activities and resources tailored to your child's age from prenatal to 8 years;
- Messages include info about local resources and events;
- Each text links to a page with videos and more!

TRICK
or
TREAT



Safe and fun ideas for Halloween

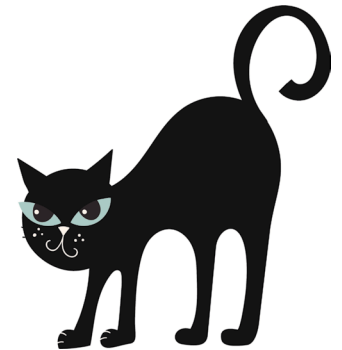
Boo Your Neighbors – Make a Halloween basket of goodies and leave it at your neighbor's door. You can include seasonal fruits and veggies, baked goods and candy, a pumpkin carving kit, a movie night kit – there are unlimited ideas.

Make a Halloween Movie – Everyone is already in costumes, so be creative and record a silly or scary movie to share with family and friends.

Learn a Halloween Dance – Teach your kids the Monster Mash, the Thriller dance, or the [Monster Shuffle](#) then record their moves.

Camp Out Under the Blue Moon – Halloween this year will not only have a full moon (only happens every 19 years) but it is also a Blue Moon. Although the moon won't look blue, that's the term for a second full moon in a month (only happens every 2.5 to 3 years).

Halloween Family Photo Shoot – Dress up and have fun taking silly photos!



Local Events

(as of 10/1/2020, contact organization for changes)

Downtown Albany Costume Contest

October 26-31, 2020, 3pm to 5pm

More info from [Downtown Albany](#).

Downtown Albany Halloween Character Hunt

October 15-30

More info from [Downtown Albany](#).

Albany Trick-or-Treat Cruise-Thru, Bryant Park

October 31, 2020, 3pm to 6pm

Must register on [City of Albany website](#) to participate, opens 10/1/2020.

 [Pollywog Facebook](#)

 [Pollywog Website](#)

 [Pollywog YouTube](#)

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