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## **Celebrate the Superbowl Safely**

While Cayuga County has seen a decrease in the number of COVID cases since the post-holiday surge, we strongly urge the community to continue taking precautions to prevent the spread of COVID-19 in our community.

The safest way to celebrate would be doing so at home with the people who you live with. Gathering with family and friends who live outside of your home increases your risk of exposure. If you have plans to celebrate the Superbowl and gather with a small group of people take these steps to keep everyone safe and protected:

- Anyone who is not feeling well should stay home and not gather with people.
- Anyone who has been tested for COVID-19 and has not received their test results should remain home and not gather with people.
- Wear a mask over your nose and mouth, secure it under your chin and make sure it fits snugly against the side of your face.
- Masks should be worn indoors and outdoors except when eating and drinking.
- Stay at least six feet away from others who do not live with you.
- Avoid direct contact, including handshakes and hugs with other not from their household.
- Avoid crowded, poorly ventilated indoor spaces. If indoors, bring in fresh air by opening windows and door, if possible.
- Wash hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing and before eating.
  - If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
- Bring your own food and drinks to limit what you come into contact with.
- If weather permits, host the gathering outdoors.

Right now, we have much of the economy reopened, more worksites have staff in offices and over the past few weeks local schools have resumed in-person learning and high-risk sports started this week. The more places we go, the more gatherings we attend increases our risk of exposures.

If we all do our part to keep our teams (families, friends, neighbors and communities) healthy, we hope that the numbers will continue to decrease. Have a safe and healthy weekend.

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