

Richard Lampe, M.D

Should people celebrate Halloween normally this year?

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Because it's different, we're going to have to do it differently. There'll be less indoor activities and more outdoor activities. And clearly, people are going to be wearing this, I hope wherever they go.

Will a costume mask protect people from COVID-19?

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American Academy of Pediatrics and the Centers for Disease Control, say, one of the costume mask is not adequate, you have to wear this mask and a costume mask. Now children can wear a mask and they can use face paint for a part of their costume.

What are some COVID safe ways to celebrate Halloween?

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It's going to be different, and it should be fun. Now, it also should be not scary and not scary except for Halloween scary means to keep it from being scary about COVID we should follow the rules. So virtual Halloween parties at home where you can share your costume and your activities with your friends on a screen could be one way.

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One of the things that I like are those things to do at home, decorate your house with Halloween. Pumpkins, drawings, things of that nature children, irrespective of their age, it should be age appropriate.

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Outside is good carving pumpkins, you can draw on the pumpkins, children love to draw, they shouldn't be given knives to carve out that should be an adult one. But you can do that. And then you can place those pumpkins outside. No flames just do battery operated lights outside to help on the the decorations from that standpoint.

How can people stay safe if they choose to go trick-or-treating?

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Number one, wherever we live, we're going to have to follow the guidelines for that particular community. And so I as an outdoor activity, they should go in small groups, the candy or treats that are given. If we're giving treats, they should be in small packages where they can just pick up the package, put it in their bag, and and treat or so outdoor. And if the the people who are delivering the treats can be outdoors, that's even better. But social distance outside, if it's dark, I've tricked or treated with our grandchildren and I would hold their hand and walk along and sometimes it would get very crowded. I want to keep that social distancing with the masks. If you can carry hand sanitizer with you because there's not many washrooms out on the street. You want to do that as well.

What about carnivals and haunted houses?

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Carnivals and haunted houses, so it can't, it shouldn't be indoor. So a haunted house implies that it's indoors. If you can do a haunted experience outdoors with masks, you could and carnivals would be a

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great way again, remembering to socially distance mask and wash your hands frequently. I don't think you can wash your hands enough.

Any other thoughts on celebrating holidays during a pandemic?

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We don't know how the pandemic is going to end but we know it will. And I just can't tell you how and when we should be creative. Our children are going to look back on this and they're going to remember how resilient people were and how resilient they are. They can be creative and so this is an opportunity to turn a lemon into lemonade.