

## 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.

01:01

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.

01:18

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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?**

02:59

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.