



MICHELLE LUJAN GRISHAM
Governor

DR. TRACIE C. COLLINS, M.D.
Secretary-Designate

FOR IMMEDIATE RELEASE

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NMDOH issues COVID-19 public health guidance ahead of Super Bowl Sunday

SANTA FE—The New Mexico Department of Health on Thursday issued public health guidance for New Mexicans ahead of Sunday’s Super Bowl.

“Gathering for the Super Bowl this year is an untenable risk to the health and safety of your loved ones and friends,” said DOH Secretary-Designate Dr. Tracie Collins. “The virus is still a very real danger. If you choose to watch the game, please do so only with members of your household.”

“This is not forever,” said Dr. Collins. “We will come together again safely – and soon. If people are worried about hurting anyone’s feelings by telling friends and family they won’t be attending a Super Bowl party, they shouldn’t be. Not attending is the best way to show you DO care. Next year, we will all be able to cheer on our favorite teams.”

As a reminder, the state of New Mexico’s emergency public health order, effective Feb. 2, prohibits mass gatherings of “more than 5 individuals who do not regularly reside with one another.”

SUPER BOWL GUIDANCE AND SAFE ALTERNATIVES

- Do not gather for the Super Bowl with non-household members
- Safe alternative: Connect with friends and relatives over a video chat service.
- Do not spend unnecessary time shopping for groceries, and do not make unnecessary supplemental trips to the store.
- Safe alternative: Order groceries online or make arrangements for curbside pickup. Avoid as much person-to-person contact as possible.
- Do not host or attend a large gathering.
- Safe alternative: If you do host a small gathering, keep 6 feet of distance, and wear facemasks. Consider setting up a table outside as to minimize the person-to-person interactions indoors.
- Support a local business

- Consider supporting a local business by ordering takeout or delivery for a smaller, non-traditional Super Bowl meal. We can all go the extra mile in supporting small New Mexico businesses.

If you choose to attend a Super Bowl gathering with others, you significantly raise the risk of contracting the virus yourself and spreading the virus to friends and loved ones.

If you insist upon attending or hosting a Super Bowl party, adopt the following safeguards from the Centers for Disease Control and Prevention:

- Wear a mask.
- Strictly limit the number of guests in attendance.
- Talk with guests ahead of time to set expectations for safely celebrating together.
- Clean and disinfect high-touch surfaces and items between use.
- If celebrating indoors, make sure to open windows.
- Limit the number of people in food preparation areas.
- If sharing food, have one person serve food and use single-use options, like plastic utensils.
- Encourage guests to bring their own food and drink.
- Instruct guests to monitor themselves for symptoms for 14 days after the event.
- Self-isolate after the gathering with others – symptoms can develop over the course of 2 weeks; even if you do not feel sick, or feel sick immediately, you can spread the virus.

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NMDOH

Matt Bieber, *Communications Director* | Matt.Bieber@state.nm.us | (505) 470-2290