



San Mateo County 4-H

Basic Safety Standards for Meeting In-person

These safety standards must be followed for all in-person 4-H activities.

1. **Do not participate** in any in-person 4-H activities if you are sick or have COVID-19 symptoms or if you or someone you have been in contact with has been diagnosed with COVID-19. Symptoms include:
 - a. Fever or chills
 - b. Cough
 - c. Shortness of breath or difficulty breathing
 - d. Fatigue
 - e. Muscle or body aches
 - f. Headache
 - g. New loss of taste or smell
 - h. Sore throat,
 - i. Congestion or runny nose
 - j. Nausea or vomiting
 - k. Diarrhea
2. **Face Mask Use:**
 - Indoor and outdoor activities: Face masks are required for everyone regardless of vaccination status to ensure the safety of unvaccinated individuals who are still not eligible for the vaccine.
 - Please post the face mask signage: [Masks required for all persons](#)
3. **Indoor Social Distancing**
 - Wearing a mask and maintaining a minimum of 3 feet between participants is required for in-door activities.
 - Maintain 6 feet of distancing during times when members and volunteers are not masked due to eating or drinking.
4. **Outdoor Physical Distancing**
 - Wearing a face mask is required since maintaining social distancing of 6 feet may not be always possible.
 - Maintain 6 feet of distancing during times when members and volunteers are not masked due to eating or drinking.
5. **Protocols for Food Service**
 - Meals must be pre-packaged or served by designated servers
 - No buffets, family-style or potlucks are allowed (unless servers plate food for individuals)
 - At least one 4-H volunteer or 4-H professional serving food at the event must complete the [ServSafe training](#).
 - The ServSafe certified 4-H volunteer or 4-H professional can train additional food servers using the [Clover Safe Note: Food Safety at 4-H Meetings](#).
6. **Maintain hygiene practices.**

After each use, clean and disinfect workspaces and equipment, wash hands often, and/or use hand sanitizer.