



Alameda and Contra Costa Counties 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

2. Face Mask Use:
 - a. Masks must always be worn indoors, and outside when physical distancing of a minimum of 6 feet cannot be maintained.
 - b. Please post the face mask signage - [Masks required for all persons](#)

3. Indoor Social Distancing
 - a. Maintain a minimum of 3 feet between participants
 - b. Maintain 6 feet of distance during times when people are not masked for eating or drinking.

4. Maintain hygiene practices.

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