



March 17, 2020

Dear California 4-H members, families and volunteers,

I hope this post finds you well and managing the new realities of life amid COVID-19. Please know the University of California 4-H Youth Development Program is working at the state and local level to provide you with resources to support your health, wellbeing, and on-going learning and development.

To ensure 4-H members successfully complete their goals and objectives for the 4-H year, 4-H academic and program staff have begun collecting educational resources to support project leaders in the continuation of member learning opportunities. Families and members can expect to be connected to virtual and self-directed resources for completing 4-H projects shortly. I have also been in contact with CDFA to ensure we will be notified of any changes relative to the up-coming fair season.

Presently, all in-person 4-H activities are either cancelled, postponed, or being moved to a virtual platform until April 7. This applies to all 4-H audiences (youth and adults) in all delivery modes (clubs, SPIN, in-school, after-school and camp). As we are living in a very fluid environment right now, please connect with your local University of California Cooperative Extension Office for the most up to date information about local event status, and the California State 4-H website: <http://4h.ucanr.edu/index.cfm> for up to date information about state supported 4-H events and related activities.

Lastly, please keep in mind these everyday preventative actions to minimize the risk of COVID-19:

- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Practice **social distancing** if COVID-19 is spreading in your community.
- Older people and people with severe chronic conditions should take special precautions because they are at higher risk of developing serious COVID-19 illness. CDPH further recommends that individuals over 65

years of age, those who have serious chronic medical conditions, or those who have compromised immune systems stay at home and self-isolate.

- CDC does not currently recommend the use of facemasks or respirators by the general public to help prevent COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

Link [here](#) for additional actions you can take to protect you and your family

Wishing you all health and wellness,



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