

Procedures for UCANR Meetings & Events during Covid-19

UCANR wants all volunteers, personnel, and clientele to be safe and healthy. In order to hold in-person meetings and events, there are some guidelines that must be met to ensure everyone's well-being.

Together we will help to keep everyone healthy!

UC 4-H Healthy Living Team



Wear a mask.

Masks must always be worn indoors when youth are present. Masks are mandatory at adults-only indoor events for those that are not vaccinated.



Check your temperature before you come.

Do not come to a meeting or event if you have had a fever within the last 48 hours.



Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, headache, body aches, nausea, loss of taste or smell and fatigue. Do not come to a meeting or event if you feel sick.



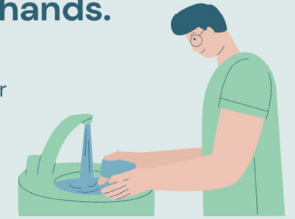
Practice physical distancing.

Maintain at least 3 feet distance from others when indoors.



Wash your hands.

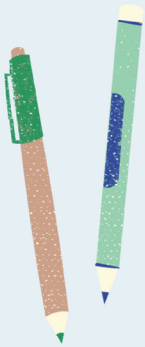
Wash your hands with soap and water when you arrive (or use alcohol or hand sanitizer). Wash them again as soon as you get home.



Do not share items.

Please confirm with your leader/coordinator ahead of time what items you may need to bring to the meeting or event. Do not share your things with others.

If possible, put needed materials into a bag or box labeled with your name.



Keep a record of the meetings or events you have gone to, with dates.

If you or someone you live with gets sick within 48 hours of a meeting or event, let your leader/coordinator know immediately. Be sure your attendance has been recorded as well.

