



Covid-19 Protocol Guidelines and Updates for Limited In-Person Activities

Safety Standards for ALL 4-H Activities

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:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat, Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Procedures to follow each meeting:

- Check your temperature before you come. Do not come to a meeting if you had a fever within the last 48 hours.
- Watch for others symptoms.
- Practice physical distancing.
- Keep a record of the meetings you have gone to, with dates. (If you or someone you live with gets sick within 48 hours, let your leader know immediately)

Face Mask Use

- Indoor activities with youth and adults: Face masks required for everyone.
- Indoor activities with adults only: Face masks required for unvaccinated adults.
- Outdoor activities with youth and adults: No face masks required.

Indoor Physical Distancing

- Wearing a mask and maintaining a minimum of 3 feet between participants is required for indoor activities.
- Maintain 6 feet of distancing during times when members and volunteers are not masked due to eating or drinking.

Maintain hygiene practices

- After each use, clean and disinfect workspaces and equipment, wash hands often, and/or use hand sanitizer.
- Do not share items. Please confirm with your leader what items to bring to a meeting.

