



## 4-H Safety Basic Safety Standards for In-person Meetings

*These five safety standards must be followed for all in-person activities.*

1. Do not or 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, congestion or runny nose
  - i. Nausea, vomiting or diarrhea
2. Always maintain six feet of distance between people.
3. Wear cloth masks or face coverings when you are attending in-person meetings
4. Maintain hygiene practices. Frequently clean and disinfect workspaces and equipment, wash hands often, and use hand sanitizer.
5. Meetings should be conducted remotely whenever possible. In-person activities must follow occupancy limits and other protective measures as noted, based on a county's tier assignment on the State of California's [Blueprint for a Safer Economy](#).