

Procedures for 4-H Meetings during Covid-19

UC 4-H wants you and your child to be safe and healthy. In order to hold in-person meetings, 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



University of California
Agriculture and Natural Resources

4-H Youth Development Program

Wear a mask.

Masks must always be worn indoors, and outside when physical distancing cannot be maintained.



Check your temperature before you come.

Do not come to a meeting 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 if you feel sick.



Practice physical distancing.

Maintain at least 6 feet distance from others.



Wash your hands.

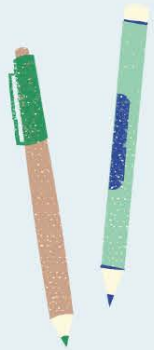
Wash your hands with soap and water when you arrive (or use alcohol or hand sanitizer). Wash them again as soon as you get home.



Do not share items.

Please confirm with your leader ahead of time what items you may need to bring to the meeting. 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 you have gone to, with dates.

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

