



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

- Masks are required for all persons, regardless of vaccination status for indoor gatherings.
- Outdoor activities with youth and adults: No face masks required.

Indoor Physical Distancing

- Protocols for Indoor Activities: a. When youth and adults are present: i. Masks are required for all persons, regardless of vaccination status for indoor gatherings. b. When only adults are present: i. For meetings with groups of 4-H adult volunteers (no youth members present), those who are fully vaccinated are not required to wear masks. c. Maintain social distancing of 3 feet

Outdoor Physical Distancing

Protocols for Outdoor Activities: a. Masks are not required. b. Maintain social distancing of 3 feet. i. If social distancing is not possible, a mask is required. c. Maximum number of participants at outdoor gatherings sponsored/hosted by UC 4-H must be under 5000 people. i. For events greater than 5000 participants, please reach out to our local 4-H office since for large events we need to seek state approval.

<https://covid19.ca.gov/mega-events/>

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.