

Welcome Back

Sedgwick County 4-H

*We are all excited to hold our face-to-face meetings again.
Here are a few reminders on how to keep us all safe!*



Before the Meeting:

- ✓ **Stay at home if you are experiencing symptoms-** Reach out to the leader for a virtual option for you to join us if you cannot make it or feel safer participating from your home.
- ✓ **Please bring a face covering-** Fortunately, we all already recognize each other from ZOOM; therefore, please be sure to wear a face covering during our meeting. If you are unable to wear a face covering, please join us virtually and we'll see you on ZOOM!
- ✓ **Wear face covering properly-** As tempting as it is to lower your face mask to talk, fight that temptation! Proper protection will cover your mouth, nose, AND chin.
- ✓ **Wash your hands-** Knock out some of those germs prior to coming! Wash those hands with soap and water for a minimum of 20 seconds prior to leaving your home.

During the Meeting:

- ✓ **Avoid physical greetings-** It is natural to want to shake each other's hands, high five, or give a touch on the shoulder, but **REMEMBER-** It's safer to give a little wave or even a nice, quick head nod.
- ✓ **Social distance-** If we can read something our neighbor is holding, then we are **TOO** close! Please maintain a social distance of at least 6ft from each other to reduce any risk of transmitting COVID-19.
- ✓ **Practice good hygiene-** Have an itch on your face? Twinkle your nose like in "Bewitched" (ask your parents!) Do your best to not touch your face! Need to cough or sneeze? Cough or sneeze into your elbow but remember not to "elbow bump" with that same elbow to greet someone.
- ✓ **Be wise: Sanitize-** Washing hands with soap and water is the best way to get rid of germs, but in case you can't find a sink- we have you covered! We will have sanitizing bottles available for your convenience.
- ✓ **Speak loudly-** Don't be afraid to let your voice be heard. Those in the room and on ZOOM need to hear you!
- ✓ **Fun and games-** Recreation helps us get to know each other. Choose games that don't require shared equipment or contact!
- ✓ **Snack wisely-** Pre-packaged is the way to go! Try to snack away from others.
- ✓ **Stay on task-** Let's keep our agenda goals in mind so we can make needed decisions, learn, have fun together, and make it home safe.



After the Meeting:

- ✓ **Disinfect surfaces-** Don't disappear too quickly! We will need to disinfect our chair and table area prior to leaving.
- ✓ **Avoid physical greetings-** Give a little wave or head nod again on your way out.
- ✓ **Wash your hands-** You have heard this often, but repetition is good for the mind! Make sure to wash your hands again when you get home.