

SNOHOMISH COUNTY 4-H COVID-19 UPDATE

March 13, 2020

Hello, 4-H Community!

We are so proud of the positive attitude and creative thinking you have been employing in the past week, to devise ways for youth to continue participating in 4-H without physically coming together for meetings! Snohomish County 4-H is a model for other counties.

NEW RULES

It will come as no surprise to you, in light of the latest news, that 4-H events *of any size* may no longer be held in person, effective immediately, through the end of April. The outbreak may get worse before it gets better, so let's pull together and show our great community spirit in helping to slow the spread of COVID-19!

The Snohomish County Extension office is CLOSED until further notice. 4-H staff will continue to work remotely to the best of our ability. Incoming USPS mail will continue to be deposited into the security mailbox on the east side of the office building (by the staff parking area), and you are welcome to drop off anything that will fit through the slot in that mailbox (e.g. volunteer paperwork, enrollment fees, horse/dairy certificates). We will be checking voicemail and e-mail, as well. If you need something, please ask.

ALTERNATIVES

Some options for your 4-H activities include

- Using an online platform or phone conferencing
- Postponing meetings/events
- Cancelling meetings/events

If you'd like to try using Zoom for interactive meetings online, but you aren't sure where to start, or you want to hone your skills, check out this page containing many tips and tutorials:

This is the link to all the Zoom questions:

<https://confluence.esg.wsu.edu/display/KB/Self+Help+-+Video+Conferencing>

Simple quick start video instructions on Zoom:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

WSU video conferencing services link:

If you feel confident using online tools for meetings/discussions, please assist those who are hesitant. Coach them by phone, FaceTime, etc. to help them learn the ropes. Let's try to include everyone who wants to be included!

EDUCATIONAL ACTIVITY REQUIREMENT

Because of the extended period of cancellations, which now includes Workshop Day and Equine-a-Rama, as well as many other educational activities and public presentations, the requirement for participation in a county-level educational activity (in order to exhibit in 4-H at the Evergreen State Fair) is **waived** for this year. Other requirements for fair participation will be determined on a program-by-program basis. Safety will not be compromised.

MORE TO COME

You can expect to see more from us on these topics:

- Online collaboration options
- Activities kids can do at home

REMINDERS/PEP TALK

Please continue to follow all orders and recommendations of our public health officials. Together, we can meet the challenge of slowing COVID-19 and thwart an excess of suffering in our community!

- Keep washing your hands.
- Use hand sanitizer when handwashing is not an option.
- Avoid hand-shaking, high-fives, and generally being within six feet of others.
- Cover any coughs or sneezes with sleeve or tissue.
- Sanitize high-touch surfaces daily, at least.

If you are ill, please stay home. Wait 72 hours after fever resolves, or 7 days after illness began, whichever is longer, before returning to any public spaces.

Stay calm and be kind. Stay hydrated and get plenty of sleep. Wash your hands, and don't touch your eyes/nose/mouth.

Check in with elders and other high-risk people to see what they need. (Call, don't visit!) They should not be going out in public, so we must look out for them.

If you don't need professional medical care, avoid health care facilities. If you're not sure, call your health care provider or nurse hotline.

KUDOS

Thank you all for everything you do for the youth of our community, and for doing your part to keep our community healthy!

We will continue to work closely with our partners at the Snohomish Health District to track COVID-19 and will update you with any new changes.

RESOURCES

We encourage you to monitor reliable sources on COVID-19 including:

- Snohomish Health District -- <http://www.snohd.org/ncov2019>
- Public Health, Seattle and King County: <https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx>
- Washington State Department of Health – <https://www.doh.wa.gov/Emergencies/Coronavirus>
- Centers for Disease Control and Prevention -- <https://www.cdc.gov/coronavirus/2019-nCoV>

You can also call the hotline operated by the state health department if you have questions. That number is 1-800-525-0127 and press #.