

Hello, 4-H Community!

Many of you are wondering what to do about 4-H events in light of the COVID-19 outbreak. King, Pierce and Snohomish Counties are taking a proactive approach to minimize the spread of illness and subsequent risks to those who are most susceptible (people over 60, those with underlying health conditions, and pregnant women).

King County 4-H will be following the Public Health Seattle & King County's science-based recommendations. The Governor has prohibited public gatherings of 250 people or more. The Local Health Officer has prohibited events of less than 250 people, unless measures are taken by event organizers to minimize risks and social distancing measures are put into effect.

This will include many, if not most 4-H events. Many commonly used meeting locations such as schools and libraries have already cancelled meetings and events scheduled through the end of March. This may be extended. We will continue to stay abreast of health department advisories and will inform our membership of updates to this plan.

Those who wish to meet in a completely germ-free setting may substitute online/phone meetings. (Sanitize your phone/keyboard!) We have used Zoom quite a bit, and there is a free version that you are welcome to use. This allows you to have meetings with one other person for unlimited time, but for group meetings the limit is 40 minutes. Participants you invite need only to click on the link or call a number by phone to participate in the meeting. Feel free to use this method to conduct meetings. We also have Zoom accounts for the 4-H office that you may use. Please contact us if you would like to use it or have questions.

If you decide to hold a gathering of fewer than ten people, please take the following steps to minimize risk:

- Older adults and individuals with underlying medical conditions that are at increased risk of serious COVID-19 are encouraged not to attend (including employees);
- Social distancing recommendations must be met (i.e., limit contact of people within 6 feet from each other for 10 minutes or longer);
- Employees must be screened for coronavirus symptoms each day and excluded if symptomatic; and
- Proper hand hygiene and sanitation must be readily available to all attendees and employees.
- Environmental cleaning guidelines from the US Centers for Disease Control and Prevention (CDC) are followed (e.g., clean and disinfect high touch surfaces daily or more frequently)

Please waive any mandatory status on small events you may hold and allow people to stay home if they wish.

If you are ill, please stay home. Stay calm and be kind. Stay hydrated and get plenty of sleep. Wash your hands, and don't touch your eyes/nose/mouth.

We will continue to work closely with our partners at Public Health Seattle & King County to track COVID-19 and will review our plans again regularly and will update you with any new changes.

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

- 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.

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

Your 4-H Team/WSU King County

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