

## COVID-19 Preventative Measures & Guidelines for Help One Child

Help One Child has assembled a COVID-19 Committee tasked with reviewing orders and developing protocols to best help our community maintain good health practices and social distancing. Help One Child is being extremely vigilant, adhering to all CDC, California Health Department and state/county orders and guidelines for the health and safety of all staff, volunteers, donors and families. COVID-19 is a highly contagious respiratory disease, and many who are infected display no symptoms, but can readily pass the illness on to others, for whom it may be very serious or fatal.

- Whenever possible, our services, gatherings and support will be administered by phone, virtual platform or contactless drop off/pick up/delivery.
- Gatherings will take place according to current health orders. At the present time, state health orders prohibit indoor gatherings but as of 2/26/21 rules for outdoor gatherings have been relaxed. Please refer to your county's guidelines. Here is a list for your convenience:
  - [Alameda County](#)
  - [Contra Costa County](#)
  - [Santa Clara County](#)
  - [San Mateo County](#)
  - [Sonoma County](#)
- No childcare will be offered at this time. Only adults will be permitted at gatherings.
- We will collaborate with host churches to determine when indoor gatherings will be permitted in their facilities.

We recommend the following protocols once gatherings are permitted:

- All gatherings and events should be planned for outdoors, weather permitting. On rainy days or bad air days, gatherings should be rescheduled. As a last resort, gatherings should be moved indoors with 6 feet social distancing, with windows and doors to remain open for maximum ventilation, and consideration for a safe AQI (Air Quality Index).
- Hosts of gatherings will register those attending for contact tracing protocols.
- Screening - temperatures will be taken at arrival with a non-touch thermometer. If anyone has a temperature of 100.4°F/38°C or higher, the person will be excluded from entering. Any person MUST be fever free for **72 hours(3 days)** before gathering if the fever is unrelated to COVID-19. If COVID-19 related, you must quarantine for 14 days and ONLY return to gatherings after a negative COVID-19 test result.
- Every person must socially distance by 6 feet. Only bring essential items.
- Wash hands correctly or use hand sanitizer at arrival and departure.
- All persons over the age of 2 MUST wear face coverings for the duration of gathering.
- When possible, air purifiers will be used for the duration of indoor gatherings and in restrooms. Anything passed out is only for individual use and should not be shared or reused.
- Sanitize all tables, chairs, work surfaces, high touch areas, materials, and restrooms before and after EVERY gathering. Clorox wipes and hand sanitizer must be available on site.
- No meals or refreshments – sealed, disposable water bottles ONLY. No water fountain use.
- If any person residing in the home feels ill, do not attend any gathering until they have monitored symptoms for at least **72 hours**, consulted their primary care physician and ensured they are not contagious.
- If you have come into contact with anyone who tested positive for Covid-19 virus, do not

attend any gathering until you have self quarantined for 14 days or received a COVID-19 negative test result, under the guidance of your primary care physician. If you leave the State, please wait 14 days before attending any gatherings.

Every person attending gatherings must be extremely vigilant with social distancing, wear face coverings and follow correct handwashing protocol. Let's do our part to keep our families and community safe and healthy by following the COVID-19 preventative measures.

References:

[covid19.ca.gov](https://www.covid19.ca.gov)

[cdph.ca.gov](https://www.cdph.ca.gov) -- Guidance for Public Gatherings

[sccgov.org](https://www.sccgov.org) -- Public health orders