



# Mentoring During the Coronavirus Pandemic

# Our Commitment to YOU

Big Brothers Big Sisters of Johnson County takes the health and safety of its Bigs and Littles very seriously. During a pandemic, and while social distancing measures are in place, BBBSJC reserves the right to modify its program scope, policies, and procedures to adapt to ever changing health and safety needs.

BBBSJC will adhere to federal, state, and local guidelines set in place to help reduce the risk to all participants and staff during times of pandemic.

Please remember that the following guidelines are **harm reduction** strategies and **DO NOT eliminate** the risk of contracting the Coronavirus.

*Failure of the volunteer, child and parent to follow the procedures above or to comply with a refusal of permission of the Mentoring Specialist will result in an evaluation of the match by the Program Director and/or the Program Supervisor with possible sanctions, which may include termination of the match.*

<https://www.bbbsjc.org/wp-content/uploads/sites/39/2019/07/CB-Orientation-Packet-Updated-July-2019-1.pdf>



# Throughout this pandemic:

- BBBSJC physical offices will be closed to the public until further notice and staff will return to physical office in a phased and staggered manner.
- Participants will receive regular updates and instructions based on CDC guidelines
- Staff will continue to communicate with all program participants
- Bigs and Littles are expected to make every effort to remain in touch
- BBBSJC staff are available to help facilitate Big/Little communication if challenges arise.
- BBBSJC will remain flexible and modify program rules and guidelines as needed to remain in line with federal, state, and local protocol.



# How to Stay Connected while Social Distancing

Maintaining connection is critical to our health and well being, especially during challenging times. There are a number of ways to keep connected at a distance:

- Use Zoom or Facetime to “meet” (with parent/guardian approval)
- Call, text or send an email
- Mail a [Care Package](#)
- Take a [Virtual Tour](#) online together
- Start a [Book Club](#) online
- Play [Online Board Games](#)
- Exchange [Letters or Postcards](#)
- Host a [Netflix Movie Party](#)
- Learn a new [Craft or Skill](#) together (remotely!)
- We have lots of other ideas we can help you with!



# General Guiding Principles

- 🌀 Open air is safer than enclosed spaces and crowded outdoor spaces are less safe
- 🌀 Avoid all gatherings that involve prolonged, close contact
- 🌀 Primary mode of transmission is thought to be via respiratory droplets and possibly aerosols, but may also be transmitted via surfaces
- 🌀 Asymptomatic and pre-symptomatic people can still infect other people
- 🌀 “Harm Reduction” does NOT eliminate risk
- 🌀 This crisis presents an excellent opportunity for Bigs to model sound decision-making, risk avoidance, and healthy choices
- 🌀 Deciding whether or not to have in-person contact will be an ongoing, personal decision that may change depending on the status of the pandemic, contacts with other people, personal wellness or symptoms day by day. This is a decision that will need to be assessed each time when planning an outing.

# As the state of Iowa “re-opens,” in-person match outings may resume only under the following conditions:

- All parties (Bigs/Littles/Parent/Guardians) must agree to resume in-person meetings and must notify your Mentoring Specialist
- All parties must review and agree to abide by the “Mentoring During a Pandemic” guidelines and discuss with Mentoring Specialist prior to meeting in person
- Matches may only participate in outdoor **no-contact** activities (many ideas at the end of this document)
- Matches must adhere to social distancing measures including:
  - Wear masks/face coverings during all outings, except while eating/drinking. Big will provide a clean mask for their Little at the beginning of each outing . Need a reusable mask? We can help with that!
  - Maintaining at least a 6 foot distance between Big, Little, and all others
  - Washing hands before and after outings for at least 20 seconds and as needed (using hand sanitizer when hand washing is not feasible)
  - Big and Little should remind each other of the rules at the outset of every outing



## As the state of Iowa “re-opens,” match outings may resume only under the following conditions (con.):

- In-person meetings are strictly prohibited when a Big/Little or a member of a Big or Little’s household has been diagnosed with or show signs of COVID-19.
- In-person meetings must not take place if a Big/Little has COVID-19, has been exposed to COVID-19, or has any of the following symptoms (assess before every outing):
  - fever, cough, shortness of breath
  - chills, muscle pain, headache
  - sore throat, loss of taste or smell, or
  - other signs of any cold or respiratory illness
- Bigs and Littles must not enter the interior of each others’ homes.
- ONLY the Big/Big Couple and the Little are allowed to meet in-person – no siblings, friends, etc.
- If you attend any large event/travel/are exposed to increased risk, please do not meet with your Big or Little for two weeks.
- BBBSJC ***does not recommend*** resuming in-person meetings with anyone who is part of a “vulnerable population” while social distancing measures are in place.



# If you or a family member are diagnosed with COVID-19

- Bigs and Parent/Guardians must notify BBBSJC if they or members of their household have been diagnosed with COVID-19.
- Bigs and Parent/Guardians must also notify BBBSJC if they have had any exposure to someone (family member, friend, coworker, etc.) diagnosed with COVID-19.
- Matches must wait 14 days after an exposure to COVID-19 to resume in person meetings and continue to follow all social distancing guidelines.



Please visit the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/index.html> for further guidance on what to do if you are sick, or have been exposed or think you may have been exposed to COVID-19.



# Transporting Littles to and from outings

- BBBSJC ***strongly encourages*** Parent/Guardians provide child transportation to and from outings while social distancing measures are in place OR the Big to drive to Little's residence and spend time in Little's outdoor space/neighborhood. *Your mentoring specialist can advise you of nearby parks/restaurants/trails.*
- When a Big does transport their Little, take reasonable steps to disinfect surfaces before and after transporting (wiping/spraying handles, dashboards, seatbelts, etc.)
- We strongly encourage Bigs to limit transport to short distances (< 10 minutes) if possible
- Littles must sit in the back seat of the car
- Windows must be open whenever possible
- Masks must be worn by all parties during the entire transport period.



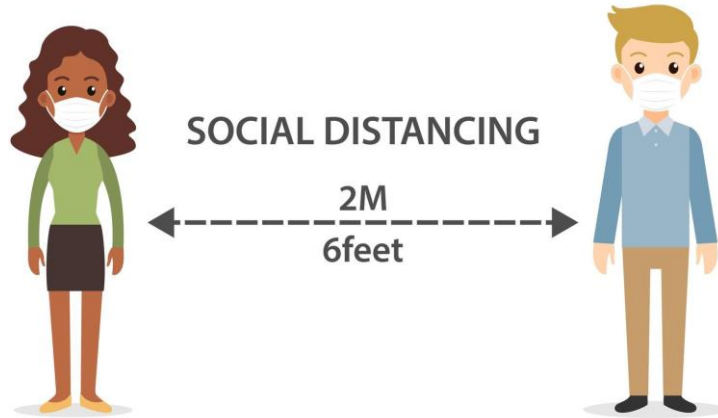
# How to Stop the Spread of Germs

- Stay at least 6 feet apart (about 2 arm's length) from other people
- Coughs/sneeze into a tissue or your elbow (NOT YOUR HAND) then wash or sanitize your hands
- When in public, wear a cloth face covering over your nose and mouth
- Do not touch your eyes, nose, and mouth
- Clean and disinfect frequently touched objects and surfaces
- Stay home when you are sick, except to get medical care
- Wash your hands often with soap and water for at least 20 seconds or thoroughly apply hand sanitizer when you cannot wash your hands



# Social distancing means:

- Wear a face covering when you go out around others
- Keep six feet away from others



**TIP:** Keep a tape measure or 6 ft of yarn, twine, or string in your car to map out what 6 ft apart looks like (it's about two arm's length apart)

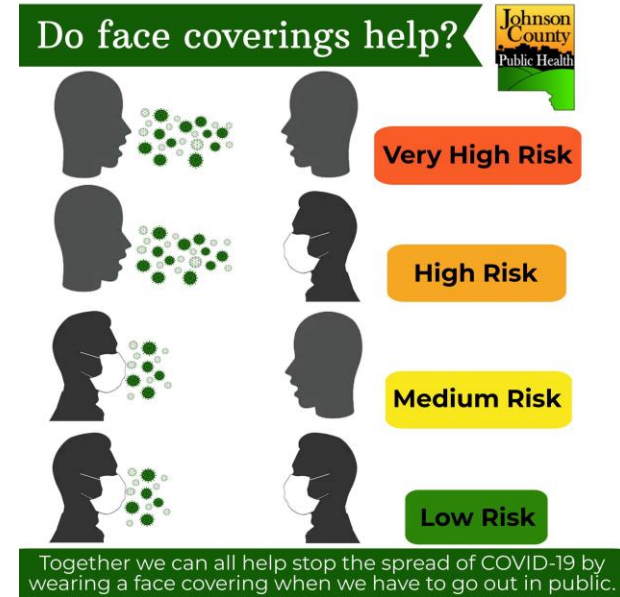
# How to wear a cloth face covering/mask

## Face coverings/masks should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be washed without damage or change to shape

## When removing your mask:

- Do not touch your eyes, nose and mouth when removing it
- Immediately wash your hands
- Don't put it where others can touch it or on counter tops or tables and wash after use



***We can help provide masks for Littles – let us know if there is a need***

# How to properly wash your hands

- Use warm water
- Moisten hands and apply soap
- Rub all surfaces of hands – including between fingers- together for 20 seconds
- Rinse thoroughly
- Dry hands thoroughly

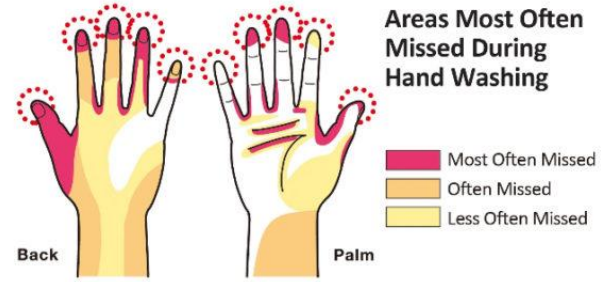


When soap and water are not available:

- You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Rub the sanitizer over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Source: <https://www.cdc.gov/healthywater/hygiene/hand/handwashing.html>

# How to properly wash your hands (con.)



- 1** Apply soap to wet hands or an alcohol-based hand sanitizer to dry hands.



- 2** Rub hands palm to palm.



- 5** Rub backs of fingers into the opposing palm with fingers interlocked.



- 6** Grasp thumb in other hand and rub while rotating around the thumb. Repeat with other thumb.



- 3** Rub hands palm to backside and switch.



- 4** Interlace fingers and rub hands palm to palm.



- 7** Rub finger nails, including the thumb, into the opposing palm and repeat.



- 8** If using soap, rinse off with water and turn off faucet with a clean towel. If using hand sanitizer, once hands are dry they are safe.



# #StaySMART

PUBLIC HEALTH PRACTICES FOR COVID-19

 **FOR HEALTH.org**

Harvard Healthy Buildings Program

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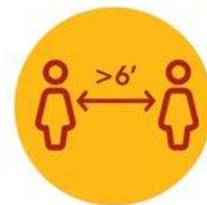
Stay home when sick

Mask when out

Avoid large groups

Refresh indoor air

Ten feet is better than six



For more information, see *Washington Post* opinion piece "The key to stopping covid-19? Addressing airborne transmission." by Joseph G. Allen on May 26, 2020

Content by Joseph G. Allen (@j\_g\_allen), assistant professor of exposure assessment science and director of the Healthy Buildings Program at Harvard University's T.H. Chan School of Public Health (@HarvardChanSPH).  
Design by Josh Lasky (@JoshLasky).



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SCHOOL OF PUBLIC HEALTH



# Ideas for Outdoor Fun!

- Walks
- Bike rides
- Fishing
- Rent canoe at Terry Trueblood
- Parks/playgrounds when open
- Picnics/food truck - disposable utensils only, practice good hygiene
- Walk-up ice cream and sno-cones (Danes, Dairy Queen, etc)
- Chalk - art/hopscotch/cheerful messages
- Kites
- Bubbles
- Tennis
- Soccer
- Golf
- Tie Dye t-shirts or pillow cases
- Frisbee golf
- Toss a football or frisbee (sanitize hands before/after)



- Paint/art outside (don't share brushes)
- campfire/outdoor cookout - disposable utensils, good hygiene
- Gardening - community garden? Big's garden?
- Outdoor yoga
- Find a nearby Food Truck and eat outside
- Carry out, eat in open air
- Other outdoor lawn activities - croquet, badminton
- Nerf battles
- Water-gun/balloon fights
- Outdoor volunteer activities like trash pick up (with gloves), tending gardens
- Volunteer at animal shelter to walk dogs
- Play games like charades, I Spy
- Multiple other outdoor volunteer opportunities available through South District Neighborhood Association (ask us for list)



Email Dina with questions about any of these activities: [dina@bbbsjc.org](mailto:dina@bbbsjc.org)





# Ways to Make Walks More Fun!



- Bring a shake (place in cooler if concerned about melting)
- Walk to get ice-cream/take-out
- Bring Happy Meal/Jimmy Johns/etc. and plan a walk that passes a park shelter or picnic area (remembering the hand sanitizer, of course!)
- Plan a scavenger hunt (finding objects in nature, cars of certain colors, letters of the alphabet in nature, built objects, clouds, etc)
- Bring a dog
- Ask your MSS for help locating nearby parks, trails, etc.
- Use “exercise cards” to add a more challenging element
- Lots of great outdoor ideas here! <https://www.buroaklandtrust.org/kids-corner/>



# Additional Resources

Iowa Department of Public Health: <https://idph.iowa.gov/>

Johnson County Public Health: : <https://coronavirus-johnsoncounty.hub.arcgis.com/>

Center for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Mental Health Resources: <https://www.pleasepassthe love.org/covid-19-resources>

Masks of Wellness – local COVID-Conscious Business Directory: <https://www.maskofwellness.com/>

Big Brothers Big Sisters of Johnson County  
3109 Old Hwy 218 South | Iowa City, IA 52246  
TEL. 319-337-2145 | FAX: 319-337-7864

[www.bbbsjc.org](http://www.bbbsjc.org)

[info@bbbsjc.org](mailto:info@bbbsjc.org)

*Facebook:*

*Instagram:* @bbbsjohnsoncounty

*Twitter:* @bbbsmentoring

Working together during this time is especially important and we thank all of you for remaining flexible as we navigate through unprecedented times.

As always we are #BiggerTogether!

Thank You!