



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 guidelines 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:

- 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 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.

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 are encouraged to participate in outdoor 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 – *especially* when you are unable to maintain physical distancing. Need a reusable mask? Please let us know and we can help with that.
 - Maintaining at least a 6-foot distance between Big, Little, and all others (except during transportation)
 - 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



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
- 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 encourages Parent/Guardians to provide child transportation to and from outings
- When a Big does transport their Little, take reasonable steps to disinfect surfaces before and after transporting (wiping/spraying handles, dashboards, seatbelts, etc.)
- VENTILATION IS KEY. Air flow must be set to NOT recirculate, especially if windows are not open
- We strongly encourage Bigs to limit transport to shorter distances 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

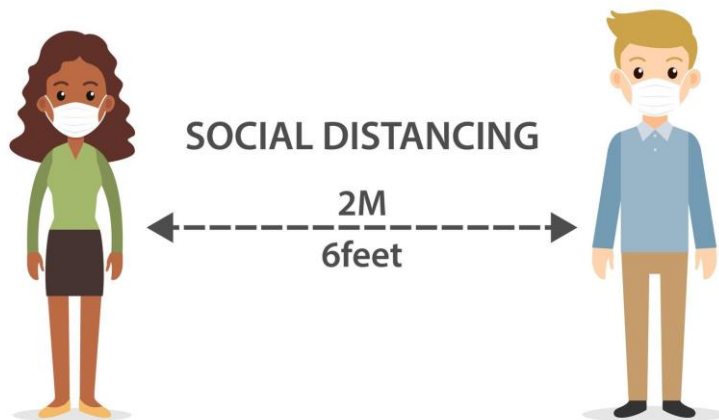
- Stay at least 6 feet apart (about 2 arm's length) from other people
- Coughs/sneeze into a tissue or your elbow (NOT YOUR HAND) then wash or sanitize your hands
- When in public, wear a cloth face covering over your nose and mouth
- Do not touch your eyes, nose, and mouth
- Clean and disinfect frequently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



Source: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>

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:

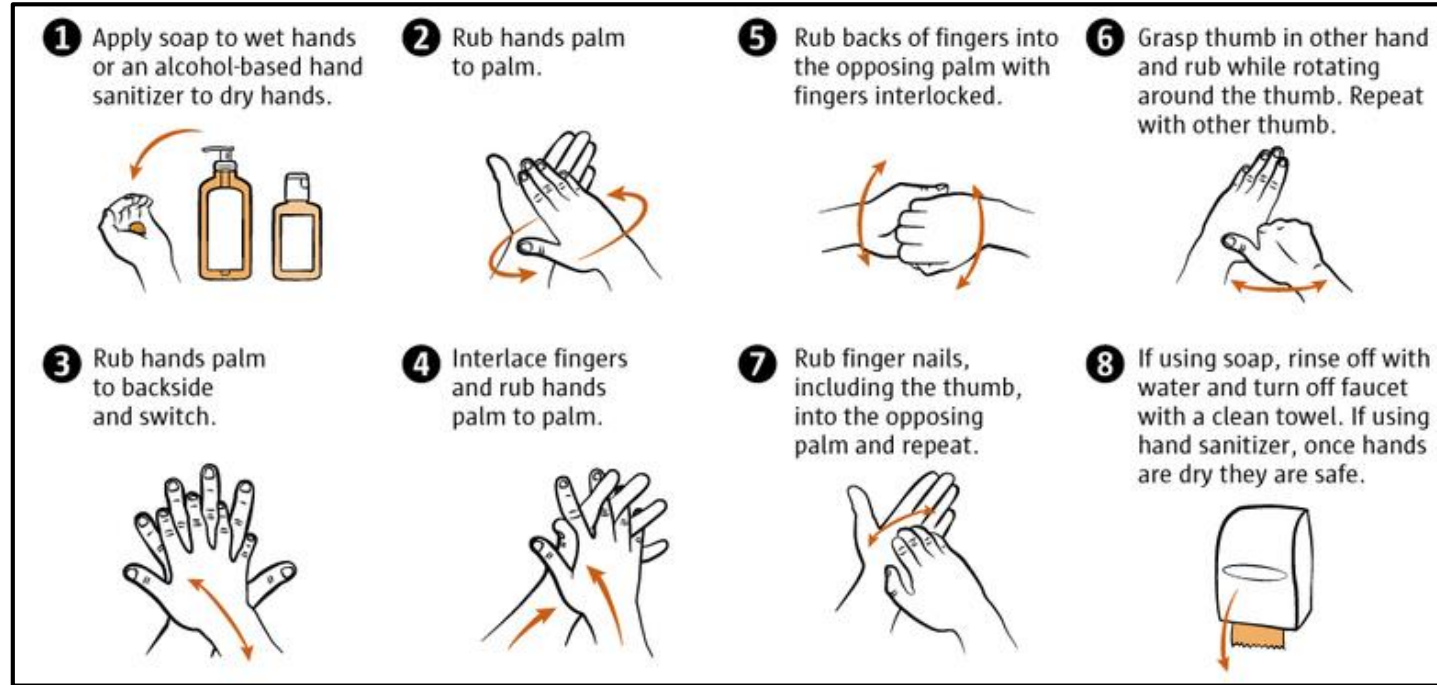
- Do not touch your eyes, nose and mouth when removing it
- Immediately wash your hands
- Don't put it where others can touch it or on counter tops or tables and wash after use



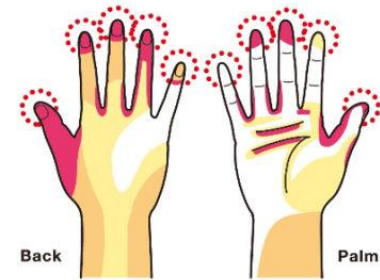
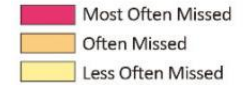
We can help provide masks for Littles – let us know if there is a need

Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

How to properly wash your hands



Areas Most Often Missed During Hand Washing



When soap and water are not available:

- Rub an alcohol-based hand sanitizer that contains at least 60% alcohol over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

#StaySMART

PUBLIC HEALTH PRACTICES FOR COVID-19

 **FOR HEALTH.org**

Harvard Healthy Buildings Program

S • M • A • R • T

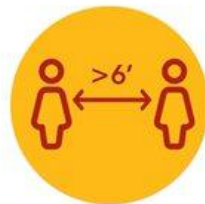
Stay home when sick

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).



HARVARD T.H. CHAN
SCHOOL OF PUBLIC HEALTH

Ideas for Outdoor Fun!

HOT CHOCOLATE



HIKING...
WITH HOT
CHOCOLATE

CAMP FIRE...
WITH HOT
CHOCOLATE



WATCH EAGLES...
WITH HOT CHOCOLATE



SLEDDING...
WITH HOT CHOCOLATE

100 MORE OUTDOOR IDEAS FOR WINTER

<https://runwildmychild.com/outdoor-winter-activities-for-kids/>

Check out this link for 100 ideas, including:

Build a nest

Make maple syrup snow candy

Snowshoe

Make a bird feeder

Shovel an elderly neighbor's sidewalk

Make snow ice cream

Ice bowling

Make a snow-cake for wildlife

Have a winter scavenger hunt

Make evergreen tea

Winter photography challenge



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/>

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Twitter: [@bbbsmentoring](https://twitter.com/bbbsmentoring)

LinkedIn: <https://www.linkedin.com/company/bbbsjohnsoncounty>

Instagram: [@bbbsjohnsoncounty](https://www.instagram.com/bbbsjohnsoncounty)

YouTube: <https://www.youtube.com/user/BBBSofJohnsonCounty/>

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!

The text 'Thank You!' is rendered in a large, bold, sans-serif font. Each letter is a different color: 'T' is orange, 'h' is yellow, 'a' is orange, 'n' is purple, 'k' is dark blue, 'Y' is red, 'o' is pink, 'u' is blue, and the exclamation mark is blue. The letters are closely spaced, creating a vibrant and celebratory visual.

Thank You!