

Humboldt Amateur Radio Club Covid-19 Protection Plan

The Coronavirus (COVID-19) pandemic is a worldwide risk to human health. COVID-19 is highly contagious. When attending a live meeting, event, presentation, or workshop, our members must agree to adhere to our Covid-19 Protection plan outlined below, and to follow all Federal, State, and local laws and orders, even though they may be changing rapidly, including answering the following questions to the best of your knowledge:

In the past two weeks, have you:

1. Been in contact with an individual who either has or has tested positive for COVID-19?
2. Traveled outside of Humboldt County?
3. Lost your sense of taste or smell?
4. Experienced any shortness of breath or trouble breathing?
5. Are you currently afflicted with COVID-19 or experiencing any of the symptoms?

(If anyone answers yes to any of these questions, they will not be allowed to attend the event.)

Facial Coverings:

Everyone at the event/location, is required to wear a facial covering. Those who do not have a facial covering with them will be given one. Those unwilling to wear a face covering will be asked to leave. Facial coverings must be worn properly at all times.

Proper Way to Wear Facial Covering:

- Wash your hands (or sanitize) before and after putting on your face covering.
- Put it over your nose and mouth and secure it over your chin.
- Fit it snugly against the sides of your face.
- Make sure you can breathe easily.
- If using a one-time use mask, dispose of it at the end of the day.
- If using a cloth covering, wash daily or as recommended by the maker.

The proper use of face coverings help to protect the people near the wearer, but they do not replace the need for physical distancing and frequent hand washing. You must wash or sanitize hands before and after adjusting face coverings. Face coverings made of cloth must be washed each day.

Face shields are not a replacement for facial coverings. They are designed as eye protection and are meant to be used in conjunction with a face covering fitted over your nose and mouth, such as a mask. However, face shields may be a less restrictive alternative for individuals who cannot tolerate a mask-style facial covering for medical reasons. Facial shields are not provided by us and must be self-provided.

Handwashing:

According to the Centers for Disease Control, hand washing with soap for at least 20 seconds is one of the best ways to protect yourself and your family from getting sick. If soap and water is not readily available, hand sanitizer can be used (at least 60% alcohol). Hand sanitizer will be provided at the location.

KeyTimes to Wash Hands (or use hand sanitizer with at least 60% alcohol):

- Upon entering the event or meeting space.
- Before and after touching your eyes, nose, or mouth.
- Before and after handling your facial covering.
- After using the toilet.
- After blowing your nose, coughing, or sneezing.

- After touching garbage.
- Before and after treating a cut or wound.

Proper Way to Wash Hands:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Ventilation, indoors:

Doors and windows are to remain open when spaces are in use, depending on weather conditions.

Shared items:

Shared items are to be sanitized before and after each use. When using the equipment or the common use computers, etc. designated members are to sanitize the devices before and after use.

General Information:

Anyone who needs to blow their nose and/or sneeze, are to use a tissue. Once done, the tissue is to be placed in the trash receptacle and their hands are to be washed properly. Proper distancing will be observed by all people, in addition to wearing personal protective measures, in spite of immunization status.

Adequate Supplies:

HARC will provide the following supplies:

- hand sanitizer (60%+ alcohol)
- disinfecting product and wipes for cleaning
- facial tissues
- disposable gloves
- facial coverings

If you notice any of these supplies getting low, inform the event coordinator or club officer.

Education and Training:

All members/attendees are expected to understand this COVID-19 Protection Plan and their responsibilities with providing a safe environment. They are also to know how to follow the guidelines and remind others if they are perceived as not following protocol. Please contact the event coordinator or club officer if anyone is not in compliance. At the beginning of the event/meeting, everyone will check off on a safety check list that they are aware of all guidelines and that they have had their daily temperature check logged and that they agree to abide by all safety guidelines throughout the event/meeting.

Resources and Contact Information:

For further information and guidelines, you may visit the Centers for Disease Control and Prevention (CDC) at <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>. You may also contact the Humboldt County Department of Health and Human Services at (707) 445-6200.

COMPLIANCE WITH THESE RULES DOES NOT GUARANTEE NON-EXPOSURE:

You understand and agree that no one can guarantee that you will not be exposed to or contract COVID-19.