



**Big Brothers
Big Sisters®**

OF THE CAPITAL
REGION, NY

Mentoring During a Pandemic

In response to COVID-19

Our Commitment to YOU

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

BBBSR will adhere to federal, state, and local guidelines set in place to help ensure the health and safety of all participants and staff during times of pandemic.

[CDC Guidelines](#)

[New York Forward](#)

When “Stay at Home” Orders are in Place:

- Bigs/Littles are not permitted to meet in person
- BBBSCR physical offices will be closed and staff will work remotely
- Participants will receive regular updates and instructions based on CDC guidelines
- Staff will continue to communicate with all program participants via phone, email, text and through online meeting venues.
- Bigs and Littles are expected to make every effort to remain in touch while they are not able to meet in person.
- BBBSCR staff are available to help facilitate Big/Little Communication if challenges arise.
- BBBSCR 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 while “stay at home” orders are in place:

- Use Zoom or Facetime to “meet” (with parent/guardian approval)
- Call, text or send an email (with parent/guardian approval)
- 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!)



When Stay at Home Orders are officially modified

As Stay at Home orders are modified by federal/state/local health officials to include minimal in person contact, match outings may resume **only** under the following conditions:

- All parties (Bigs/Littles/Parent/Guardians) must agree to resume in person meetings
- Matches may only participate in **no contact** activities that take place outdoors such as:
 - Walking, hiking, biking, fishing, sitting and chatting (6 feet apart)
- Matches must adhere to social distancing measures **at all times** including:
 - Wearing CDC recommended cloth masks during all outings
 - Maintaining at least a 6 foot distance between Big, Little, and all others.
 - Hand washing before and after outings for at least 20 seconds
- ***Timeframes and conditions are subject to change based on current federal, state, and local government recommendations****



When Stay at Home Orders are officially modified, cont.

In person meetings are strictly prohibited when a Big/Little or a member of a Big or Little's household have been diagnosed with or show signs of COVID-19.

- BBBSCR ***does not recommend*** resuming in person meetings with a participant who is considered to be part of a “vulnerable population” while social distancing measures are in place.
- In person meetings shall not take place if a Big/Little has any of the following symptoms:
 - fever, cough, shortness of breath
 - chills, muscle pain, headache
 - sore throat, loss of taste or smell, or
 - other signs of respiratory illness
- ***Timeframes and conditions are subject to change based on current federal, state, and local government recommendations****



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

- Bigs and Parent/Guardians must notify BBBSCR if they or members of their household have been diagnosed with COVID-19.
- Bigs and Parent/Guardians must also notify BBBSCR 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

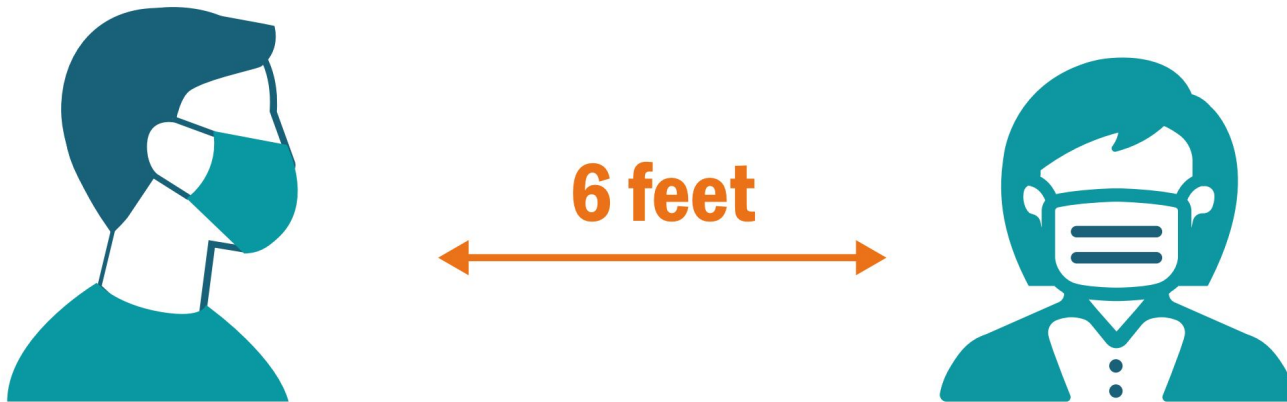
How to Stop the Spread of Germs

- Stay at least 6 feet apart (about 2 arm's length) from other people
- Cover your cough or sneeze with a tissue, then through the tissue in the trash and wash 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



Social distancing means:

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

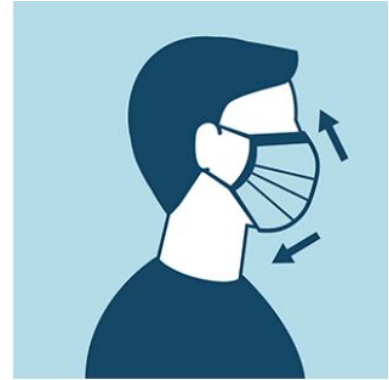


TIP: Keep a tape measure or 6 ft of yarn, twine, or string in your car to map out what 6 ft apart looks like (it's about two arm's length apart)

How to wear a cloth face covering

Cloth face coverings 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 laundered and machine dried 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
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How to properly wash your hands

- Use warm water
- Moisten hands and apply soap
- Rub hands 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.
- Apply the gel product to the palm of one hand Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Transporting Littles to and from outings

- BBBSCR **does not allow** Bigs to transport Littles at this time and **strongly encourages** Parent/Guardians provide child transportation to and from outings while social distancing measures are in place.



- If a Big must transport their Little, they **must** take reasonable steps to disinfect surfaces before and after transporting (wiping/spraying handles, dashboards, seatbelts, etc.);
- Bigs should limit transport to short distances only and not travel across state lines;
- Littles must sit in the back seat of the car; and
- Masks must be worn by all parties during the entire transport period.

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

As always we are #BiggerTogether!



*Thank
you*