

Bethlehem Farm Covid-19 Participant Protocols/Questionnaire

Revision 5/10/2021 SJR

Please read this document and send an email to _____ by _____ indicating that you have read, understand the contents of the form, and will follow these protocols and procedures. You are also required to send two additional confirmation forms (noted at the end of this document) prior to beginning your trip to the Farm.

Bethlehem Farm Covid-19 Protocols

As many of us have experienced, Covid-19 has caused countless disruptions to our plans and daily lives. The Caretaker Community at Bethlehem Farm, however, remain excited for friends of the Farm community to join us.

The Farm instituted clear and effective Covid-19 procedures and protocols at the beginning of the pandemic which have resulted in a safe and healthy environment for our volunteers, the community members which we work with and serve, and the Farm Caretaker staff. These procedures and protocols have, and will continue to evolve as required. We have adopted the Covid-19 prevention method of forming a pandemic **pod** so once volunteers arrive at the Farm they are able to safely and confidently socialize with one another and the Farm staff. Forming a pandemic **pod** requires people in the **pod** to follow strict safety protocols, such as mask-wearing and social distancing, when they are in public or interacting with others outside the group. Ideally, **pod** members can then socialize together in person in settings where the rules can be relaxed, without increased risk of contracting or spreading the virus. Bethlehem Farm considers people to be in a pandemic **pod** together if they interact without masks or social distancing. The guidelines the Bethlehem Farm **pod** follows are listed in the "Pre-arrival Covid-19 Protocols/ Questionnaire" document, which is constantly being reviewed for relevant updates due to new Covid-19 information. These guidelines are informed by the Centers for Disease Control and Prevention (<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>) and the West Virginia Department of Health and Human Services (<https://dhhr.wv.gov/COVID-19/Pages/default.aspx>), and adapted for our specific context.

The Bethlehem Farm community is taking the threat of infection extremely seriously because our careless actions could cause the death of a neighbor/homeowner, most of whom are members of vulnerable populations.

Our low-income home repair program provides an essential service to those whose homes are unsafe, unhealthy or are in danger of becoming unhealthy or unsafe. Thus, we are continuing to go to worksites as we are able. We have implemented sanitizing, distancing, and masking practices while at worksites to reduce the homeowner's and our own exposure as much as possible.

Vaccination

We recommend and request that all eligible volunteers receive a vaccination. If you have received a vaccination, please provide a copy of the record. If there is a contraindication to vaccination (such as age under 16 years), please provide this information. Volunteers who have received the second dose of vaccine at least two weeks prior to their arrival date to Bethlehem Farm will be considered "Fully Vaccinated." Volunteers who have received a one-dose vaccine (e.g., Johnson & Johnson) at least two weeks prior to their arrival date will be considered "Fully Vaccinated." **Effective September 1, 2021** Bethlehem Farm will require all eligible participants to be fully vaccinated prior to arriving at the Farm. Bethlehem Farm will require vaccination for an age group beginning one month following FDA approval to receive the vaccine.

Pre-trip: Following Bethlehem Farm Protocols, COVID Testing, and Planning

We have adopted the following preventative practices and need you to begin following these practicing 14 days prior to your visit to the Farm and continue once you have arrived at the Farm

- Social distancing, keeping at least an arm's length between you & those you don't live with (for less than 15

Bethlehem Farm Covid-19 Participant Protocols/Questionnaire

Revision 5/10/2021 SJR

minutes, with a mask, indoors or outdoors), wearing face masks in public, thoroughly sanitizing anything which may have contacted germs. Interactions between fully-vaccinated people are exempt from masking and distancing requirements, per CDC guidelines.

- Thoroughly washing hands with soap for the prescribed 20+ seconds when entering your kitchen before meals, after using the bathroom, and liberally throughout the day.
- Follow CDC guidance on sneezing and coughing: Cover your nose and mouth completely with a tissue when you sneeze or cough, creating a seal around your nose and mouth, and throwing the tissue in the trash. If you do not have a tissue, sneeze or cough by placing your nose and mouth firmly against your elbow, creating a seal around your nose and mouth.
- Updating those in your household and pod about any symptoms that develop, no matter how minor or seemingly unrelated the symptom may be.
- Adopting prudence when deciding whether or not to take trips away from home, understanding this may mean not taking some trips that you would like to take, and accepting your community input when making these decisions. These include dining at restaurants, socializing in large crowds, and spending extended time (longer than 15 minutes) indoors with people you don't live with, even if you are wearing a mask.
- Following general healthy practices to support your immune systems such as getting plenty of rest and physical activity, implementing stress management techniques, drinking plenty of fluids, and eating nutritious food, including limiting sugar (sugar intake reduces immune response significantly).
- Only using personal hand towels to dry our hands in the bathrooms.
- Respecting the comfort level of others in your community regarding personal space.
- Remaining flexible and open to new procedures as decided by your community
- To prevent transmission of COVID-19, including asymptomatic transmission, we require volunteers who are *not* Fully Vaccinated provide documentation of a negative COVID test within 7 days of arrival date at Bethlehem Farm. Groups need to plan to drive at least two vehicles to Bethlehem Farm in case there is illness while at the Farm, and there is a need for staggered departure with some volunteers quarantining at Bethlehem Farm. Please bring a minimum of two (2) masks and hand sanitizer. A load of laundry for masks will be done during the week. Consider initialing your mask with permanent marker if it is not distinct.

- **Mask Wearing**

- Masks must be worn at all times in the farmhouse/indoors except while eating meals or inside your room with the door closed. Masking is required outdoors when within arm's length but not required otherwise. Please follow additional requests by chaperones, group leaders, and Caretakers to mask up with gratitude and grace. Please alert others if you are approaching them outdoors so they have a chance to put on their mask.

- **Sleeping arrangements**

- Volunteers will share rooms with their own household or group leaders/chaperones will select roommates to limit exposures *in advance*. Roommates will essentially form a "pod" because they will be the only individuals spending time together without a mask. Ideally, roommates will have travelled inside the same vehicle together to further limit unnecessary exposure.

- **Meals**

- Outdoor dining will be encouraged as the weather permits. Physical distancing of an arm's length while eating, including on work sites, is important since masks will be lowered. Roommates may sit closer than an arm's length.

- **Physical Contact**

- Hugs, holding hands during prayer, and other physical contact have traditionally been a part of the welcoming Bethlehem Farm culture. We recognize that physical contact is an aspect of our

Bethlehem Farm Covid-19 Participant Protocols/Questionnaire

Revision 5/10/2021 SJR

Community cornerstone, yet we will adapt our practices to promote safety. We will limit hugs to “Welcome Home” hugs on arrival and hugs at departure. Please avoid daily hugs, hand shaking, and hand holding during prayer. *If you are not comfortable receiving a hug, please cross your arms over yourself (hug yourself) as a signal that you would prefer not to have this physical contact.*

- Here is a suggested method to more safely hug:

<https://www.nytimes.com/2020/06/04/well/family/coronavirus-pandemic-hug-mask.html>

- **Prayer**

- Group prayers will be planned in alternative spaces, including outdoors and extending into larger spaces within the Farmhouse to promote physical distancing.

- **Worksites and homeowners residences**

- We want to be a blessing to the homeowners we serve and protect their health. Please wear a mask at all times while in a home, physically distance from the homeowner, avoid physical contact, and follow the requests of the site leaders.

- **Bathroom use**

- Please attempt to limit close interaction with multiple people taking their masks off (such as while washing face and brushing teeth). Please be respectful and patient if others ask you to take turns or wait for your turn.

- **Hand washing and health promotion**

- Please plan to wash your hands frequently, especially while you are serving on home crew. Please respond with grace and gratitude if someone reminds you to wash your hands. Here is a reminder on the proper technique: <https://www.cdc.gov/handwashing/show-me-the-science-handwashing.html>
- Reminder to drink plenty of water and stay hydrated.

- **In case illness develops**

- The expectation is that any volunteer will be forthcoming about any symptoms. While symptoms may develop that could be a sign of COVID but could also be consistent with seasonal allergies, intolerance to a new food, or other cause, we request that these are disclosed so that the community can have heightened awareness. Please disclose these symptoms to a group leader or caretaker. You are expected to comply with a request for COVID testing if asked.
- *Be aware that the CDC recommends isolation and quarantine for patients with COVID and their close contacts. If Covid-19 illness of a volunteer occurs during their visit, the volunteer will be required to leave Bethlehem Farm within 24 hours of receiving a positive Covid-19 test result, and is required to quarantine at Bethlehem Farm between the time of first Covid-19 symptoms and receipt of the Covid-19 test result. Departure of a person with a positive Covid-19 test is intended to prevent the spread of Covid-19. Please make preparations so that you can comply with this departure request if required.*

Bethlehem Farm Covid-19 Participant Protocols/Questionnaire

Revision 5/10/2021 SJR

Bethlehem Farm Covid-19 Volunteer/Visitor Questionnaire

We Screen those who visit the Farm with the following questions. Please respond to each question and elaborate on any yes answers, taking as much space as you need. Please note, your responses on these questions will not necessarily disqualify you from serving at Bethlehem Farm. We may have follow up questions based on some responses but it is very important you respond to the best of your knowledge and indicate when you are uncertain.

1.) Have you been fully Covid-19 vaccinated? If yes, please confirm the date of your second vaccination or vaccination date of date J&J vaccination, and provide a copy of your vaccination record. If no, you must provide documentation of a negative Covid test within 7 days of arrival date at the Farm.

- Are any of your family members fully vaccinated? If yes, please confirm the date(s) of the second vaccination / or vaccination date(s) of J&J vaccine.

2.) In the past 14 days have you, or those you live with, or those in your pod/~~bubble~~ had any Covid-19 symptoms as described by the CDC? If so, which ones and when?

- You: _____
- Rest of Your Household/Pod: _____

3.) How many people do you live with or are in your pod? ____

How many are health care or other essential workers? ____

-If you or any of the people in your household and pod are going to their workplace, please describe, by individual, their work environment and the safety precautions they are practicing:

- _____
- _____
- _____

4.) How many unvaccinated people (or people whose vaccination status is unknown to you) have you, and the people you live with, and the people in your pod come into close contact (within an arm's length for 15 minutes or more, with or without a mask, indoors or outdoors) within the past 14 days?

- You: _____
- Rest of Your Household/Pod: _____

5.) Have you, or someone you are living with, or someone in your pod been exposed to someone else who was diagnosed with Covid-19, someone who has been quarantined as a precaution, or someone who has symptoms consistent with Covid-19 in the last 14 days?

- You: _____
- Rest of Your Household/Pod: _____

6.) To the best of your knowledge, have you, or someone you are living with, or someone in your pod been in contact with anyone who has been in contact with someone who was diagnosed with Covid-19, someone who has been quarantined as a precaution, or someone who has symptoms consistent with Covid-19? In the last 14 days?

Bethlehem Farm Covid-19 Participant Protocols/Questionnaire

Revision 5/10/2021 SJR

- You: _____
- Rest of Your Household/Pod: _____

7.) **16 days out from BF visit (or earlier)**: can you commit to begin following these preventative practices 14 days prior to your visit to Bethlehem Farm and continue once you arrive at the Farm?

72 hours out from BF visit: Have you followed these preventative practices for the 14 days prior to your visit to the Farm?

- Social distancing, keeping at least an arm's length between you & those you don't live with (for less than 15 minutes, with a mask, indoors or outdoors), restricting trips out of your home for essentials only, wearing face masks in public, thoroughly sanitizing anything which may have contacted germs.
- Thoroughly washing hands with soap for the prescribed 20+ seconds when entering your kitchen before meals, after using the bathroom, and liberally throughout the day.
- Follow CDC guidance on sneezing and coughing: Cover your nose and mouth completely with a tissue when you sneeze or cough, creating a seal around your nose and mouth, and throwing the tissue in the trash. If you do not have a tissue, sneeze or cough by placing your nose and mouth firmly against your elbow, creating a seal around your nose and mouth.
- Updating those in your household and pod about any symptoms that develop, no matter how minor or seemingly unrelated the symptom may be.
- Adopting prudence when deciding whether or not to take trips away from home, understanding this may mean not taking some trips that you would like to take, and accepting your community input when making these decisions. These include dining at restaurants, socializing in large crowds, and spending extended time (longer than 15 minutes) indoors with people you don't live with, even if you are wearing a mask.
- Following general healthy practices to support your immune systems such as getting plenty of rest and physical activity, implementing stress management techniques, drinking plenty of fluids, and eating nutritious food, including limiting sugar (sugar intake reduces immune response significantly).
- Only using personal hand towels to dry our hands in the bathrooms.
- Respecting the comfort level of others in your community regarding personal space.
- Remaining flexible and open to new procedures as decided by your community

- You: _____
- Rest of Your Household/Pod: _____
- Workplace/school: _____

8.) Please provide detail of your daily activities encountering other people, and the activities of those you live with, and those in your pod over the last 14 days, including any trips outside of your state of residence (some examples: grocery store, visits to people in your pod, gym, library, restaurant, gas station, medical or dental appointments, church, etc.).

- You: _____

- Rest of Your Household/Pod: _____

Bethlehem Farm Covid-19 Participant Protocols/Questionnaire

Revision 5/10/2021 SJR

9.) Please provide detail of your anticipated daily activities encountering other people between now and your arrival, and the anticipated activities of those you live with and those in your pod (some examples: grocery store, visits to people in your pod, gym, library, restaurant, gas station, medical or dental appointments, church, etc.).

▪ You: _____

▪ Rest of Your Household/Pod:

10.) I confirm that I have answered these questions with certainty.

▪ _____

Please initial the following to indicate your agreement:

✦ I have thoroughly read this document. _____

✦ When travelling to the Farm, I will practice social distancing of **an arm's length**, wear a mask while in public spaces such as gas stations, train cars, airplanes, and will carefully disinfect myself by using hand sanitizer or thoroughly washing my hands with soap and water after coming in contact with potentially compromised surfaces (gas pumps, door handles, etc.). _____

✦ I am fully aware my failure to comply with the above practices both before arriving at Bethlehem Farm and during stay at Bethlehem Farm could have serious consequences for the vulnerable populations of West Virginia and may result in the community requiring me to leave the Farm. _____

✦ I understand that not completing and forwarding the required follow-up documentation by the dates and times noted below will result in the withdraw of the Farm's invitation to visit. _____

16 days prior to arrival date: Response due on _____, by 12 noon ET. Email completed form to _____.

I confirm that the answers completed on the date of the above signature line remain the same. If the answers have changed note changes next to each previously provided answer.

Signature: _____ Date: ___/___/___

Phone #: _____ Email: _____

Arrival date: _____

Estimated Arrival time: _____

I currently reside in: State: _____ City: _____ County: _____

Bethlehem Farm Covid-19 Participant Protocols/Questionnaire

Revision 5/10/2021 SJR

Next required check-in:

72 hours prior to arrival: Response due on _____, by 12 noon ET. Email the completed form to: _____.

I confirm that the answers completed on the 16-day check in date, remain the same. If the answers have changed, changes are noted next to each previously provided answer. This confirmation must be received 72 hours prior to your departure. If you experience any incidents during your travel to the Farm that violates any procedures or protocols you are required to call the Farm prior to arrival.

Signature: _____ Date: ___/___/___