“I pledge my hands to larger service,” can be more difficult during this time of COVID-19 and social distancing. 4-Her’s have and will continue to find ways to help others. Maybe you are already making face coverings or helping elderly neighbor with groceries. Or maybe you are still wondering how you can be of service. This helpful guide can assist 4-H youth in ND to continue to be True Leaders in Service.

General Guidelines when doing service work during times of social distancing.

- Follow CDC guidelines
  - Wash your hands frequently.
  - Avoid touching your eyes, nose, and mouth.
  - Stay home when you are sick.
  - Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
  - Clean and disinfect frequently touched objects and surfaces.
  - If you feel sick avoid helping others.
  - Wear gloves and face coverings if having close contact with others.
- Contact organizations before starting a project to find out needs and requirements.
- Arrange for contactless delivery
- Wash and sanitize items before donating

Service is only limited by your imagination. This list is just the beginning and not inclusive. Even with the best precautions, any service may have some risk to the helpers. Use caution and have parental permissions for all activities and have extra precautions in place when doing activities that might have a greater risk.

<table>
<thead>
<tr>
<th>No to low risk</th>
<th>Moderate risk</th>
<th>Higher risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone calls to shut-ins</td>
<td>Donate food or money to food shelters</td>
<td>Clean a neighbor’s yard/garden</td>
</tr>
<tr>
<td>Write letters to service workers, military, civic workers, farmers</td>
<td>Donate excess produce from your garden</td>
<td>Clean a park</td>
</tr>
<tr>
<td>Make face coverings</td>
<td>Make personal hygiene kits – donate to shelters, child protection</td>
<td>Bake goods for teachers/nurses….</td>
</tr>
<tr>
<td>Share your talents and knowledge with others on a zoom call</td>
<td>Make tie blankets for law enforcement</td>
<td>Clear a hiking trail</td>
</tr>
<tr>
<td>Plant pollinator gardens</td>
<td>Make care packages for hospitals to give to children who visit the ER</td>
<td></td>
</tr>
<tr>
<td>Make blank cards for nursing home patients to use. Could even provide stamps.</td>
<td>Make Birthday kits for families in need (contact social service)</td>
<td></td>
</tr>
</tbody>
</table>


***

Information released: May 18, 2020

Source/for more information contact: Sue Quamme, 4-H Youth Specialist
email susan.quamme@ndsu.edu