

2020 - 2021  
YOUTH FORMATION

**COVID-19  
SUPPLEMENT**  
FOR IN-HOME SMALL GROUPS



THE DIOCESE OF  
HOUMA  THIBODAUX

Office of Parish Support

## COVID-19 ADDENDUM TO IN-HOME CHECKLIST

During the time of concern surrounding the COVID-19 pandemic the following extra precautions should be taken for the safety and health of others.

### PREPARING THE HOME

- Ensure your home is cleaned well prior to the event. Guidelines for cleaning your home during the pandemic can be found on the CDC Website [CLICK HERE](#)
- Ensure Soap and Hand Sanitizer is available in the common bathrooms.
- If possible have paper napkins or some other suitable disposable option available for people to dry their hands after washing them. One towel for everyone who uses the bathroom is discouraged.
- Ensure the number of people invited to your home allows for adequate social distancing

### ENTERING THE HOME

- Remind people if they have any COVID symptoms that they should not stay. (Symptoms can be found on the CDC Website [CLICK HERE](#)
  - Symptoms include, but not limited to, fever 100.4 or higher, cough, headache, sore throat, shortness of breath, fatigue, loss of taste or smell, unexplained body aches, etc.
- Ensure upon entering the home there is sanitizer available for people to use as they enter
- The first time they come to your home identify any considerations necessary (i.e. which bathrooms to use, what parts of the home to stay in that have been cleaned and sanitized, etc...)
- Make sure people are clear where to sit and where not to sit to ensure social distancing accounted for as appropriate (i.e. members of the same household need not social distance; additional guidelines regarding social distancing can be found on the CDC Website [CLICK HERE](#).)

### FOOD GUIDELINES

- Prior to setting out plates or utensils ensure your hands are properly washed
- Set out utensils in a way that people will not contaminate items to be used by others
- Consider serving individually wrapped snack and have them laid out so people don;t have to "dig through them" to find what they are looking for.
- If serving a common meal (i.e. a tray of Jambalaya) ensure that one person, who has washed their hands thoroughly, serves everyone. Do not allow people to serve themselves.

## **CONTINUANCE OF GOOD HYGIENE**

- Continue to use good hygiene by washing hands for at least 20 seconds frequently
- Avoid touching your face
- Cover your coughs and sneezes
- Avoid touching any common surfaces whenever possible.
- If someone develops symptoms or begins to feel ill and/or exhibit any of the symptoms of the virus, especially a fever, a changing cough, or difficulty breathing during the gathering they should immediately notify the host that he/she is not feeling well, but need not disclose the symptoms that are being experienced. The host should provide them a mask if they do not have one and help them leave safely (and wait with them, socially distancing, until their parents arrive if they are a young person)
- If a member of the group becomes symptomatic after a meeting...
  1. The symptomatic individual should inform the host
  2. The host should inform the rest of the group, ensuring the confidentiality of the symptomatic individual.
  3. The group should not meet again until ALL members of the group have been without symptoms for 14 days.