

Youth Advisory Board

PRESENTS

COVID



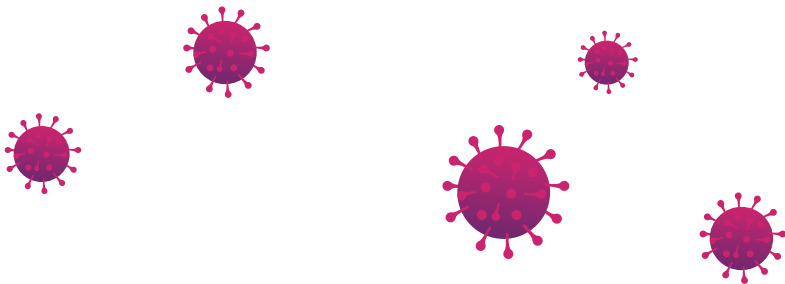
Conversations
Guide

*How to respectfully engage with others,
keep yourself safe and stop the spread.*



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ORGANIZATION

www.girlsarepowerful.org



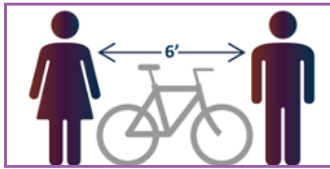
As of December 7th, over **14 million citizens** in the United States have tested positive for COVID-19. **Over 350,000** of that 14 million total are individuals living in Minnesota. We, as the **Youth Advisory Board (YAB)**, empathize with your stress, fear, and grief. As winter holidays and festivities approach, the **YAB** would like to emphasize the importance of taking precautions this season and following [CDC guidelines](#) in addition to local ordinances. To find out current statistics about the country's total cases as well as cases in individual states, one can use the [CDC COVID data tracker](#). Furthermore, the **YAB** would like to empower every person to protect themselves to the best of their ability with tips for what to do in COVID-19 related scenarios. We hope everyone continues to stay safe and healthy and to hold our **YAB** slogan close when experiencing times of stress; **I am safe, I am secure, I am steady.**

SCENARIO 1:

You are shopping for holiday gifts and another shopper walks by you within 6 feet...

WHAT DO DO?

Option 1: Politely ask the individual to take a few steps back. Most stores have either dots or markers in order to keep customers socially distant. Use such markers as a reference point for asking people where to stand. If there are no

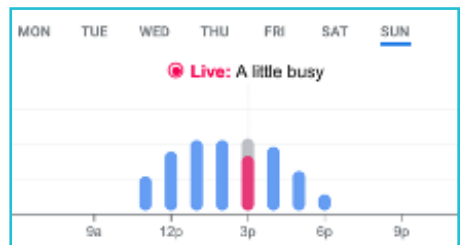


markers, imagine the following items as an approximate measurement of six feet: a bicycle, average couch, length of a fridge, or Christmas tree - use this [website](#) for more examples.

Option 2: Assess your own anxiety and determine whether you can complete your shopping online. Buying items online avoids unnecessary contact with others, and can help slow the spread of COVID-19. By staying home, you are helping to protect vulnerable populations. If you are 65 and older or have certain underlying medical conditions, the Minnesota Department of Health advises you to stay home and avoid situations where you could be exposed, including travel for the holiday season. Please see health.state.mn.us for more information.

Option 3: Walk away to another aisle and come back later.

Option 4: Leave the store and come back at an unpopular shopping time. Look online ahead of time to see when each store you intend to shop at is at its most busy and avoid shopping during these hours.



SCENARIO 2:

You are picking up supplies from Target and you see another shopper not wearing their mask.

WHAT TO DO:

Option 1: Move away from the shopper and exit the store. The most common way COVID-19 spreads is through close contact. When people are close to each other, droplets from a person's cough, sneeze, or exhale can land in the mouths or noses of people nearby. COVID-19 can also be spread through airborne transmission. This means that aerosols (small droplets or particles) can sometimes linger in the air for minutes to hours, and may be able to infect people who are further than 6 feet from the person with COVID-19 or after they have left the room. Airborne transmission of COVID-19 is more likely to happen in indoor spaces without good ventilation; thereby less time in indoor shared spaces means less possible exposure.

Option 2: Tell a store clerk. As of July 25, 2020, per the Governor's Executive Order 20-81, people in Minnesota are required to wear a face covering in all indoor businesses and public indoor spaces. Tell the store clerk the customer is in violation of this order and express your discomfort.



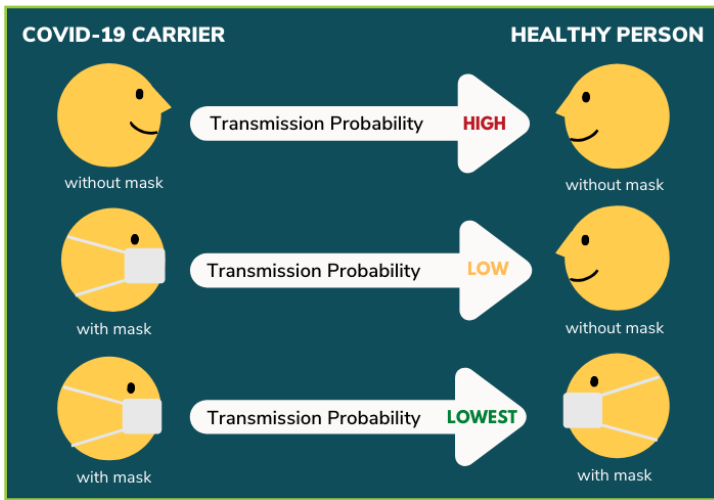


Photo Credit: eamc.org

Option 3: *While at least 6 ft away*, explain to the person your own discomfort and that infected people may be able to spread the disease before they have symptoms or feel sick. A person can also spread the disease if they have no symptoms - research has shown that around 40-50% of people infected do not develop symptoms. Covering your mouth and nose when around others can help reduce the risk of spread both by close contact and by airborne transmission.

Before addressing those who are not wearing a mask however, assess your own comfort level and safety. Individuals can be confrontational and your safety matters most of all. Please refer to option 1 or option 2 for more solutions.

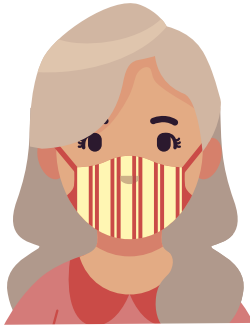
SCENARIO 3:

You are picking out holiday decor and you see that you are in close proximity to someone who is not wearing their mask correctly.

WHAT TO DO:

Option 1: Refer to both option 1 + 2 under scenario 2.

Option 2: While at least 6 ft away, express your anxiety to the person and explain that a face mask has to be worn over both the mouth and the nose in order to limit airborne transmission of COVID-19. Again, assess your own safety and comfort level before approaching.



SCENARIO 4:

You're at a family gathering and your family member is not saying 6 feet away from you and other individuals...

WHAT TO DO:

Option 1: Be direct with the family member about how their poor social distancing impacts your anxiety and overall health of those attending the gathering. Explain to them that taking proper precautions and social distancing is a way to show your care for another person as it slows the spread of the virus, thereby decreasing the chance that a loved one could get infected and risk spreading it further.

Option 2: Approach the host of the party and discuss whether the gathering should be postponed till a later time. With the recent surge of cases, the Minnesota governor recommends that individuals should not travel during the holidays and instead take social distancing measures.

While the holidays are a special time to be with family, try to reimagine your family gathering to fit COVID-19 safety guidelines. Instead of an in-person gathering, try the following COVID-19 safe activities:

- A zoom party
- A secret Santa by mail
- A family facetime call while cooking dinner
- Take the amount of money you would use for secret Santa and donate it to a worthy cause
- Become inspired by our YAB members and donate customizable masks
- Drive by a loved one's house
- Postpone the gathering to a later time when COVID-19 cases are under control.



Become more involved in stopping the spread of COVID-19 by following the lead of the YAB!

The Youth Advisory Board has worked hard these past several months to create several creative and fun projects that are all related to stopping the spread of COVID-19. We encourage you to become inspired by these projects and recreate them yourself! Be sure to email girls@girlsarepowerful.org if you decide to take on any of these ideas and tag [@girlsarepowerful](https://www.instagram.com/girlsarepowerful) in your social media posts! And remember, in these times of stress and uncertainty, keep the Youth Advisory Board's slogan close to your heart: **I am safe, I am secure, I am steady.**

PROJECT 1: Show us how you rock your mask with the YAB #justwearit campaign!



Step 1: Pick out your favorite outfit and favorite mask.

Step 2: Snap a photo wearing the outfit and mask while striking your most powerful pose!

Step 3: Post your photo on your social media with the hashtag **#justwearit!** to encourage others to always wear their face masks in public.

PROJECT 2: Customize your own masks and donate them to an organization in need!



Step 1: Order blank masks online. YAB members Sherry and Lizzy ordered their's from amazon and they worked beautifully!

Step 2: Go to your local craft store and select fabric markers, glitter, glue, jewels, feathers, or whatever you like!

Step 3: Decorate the blank masks to your desired look.

Step 4: Donate your new customized masks to an organization in need!

PROJECT 3:

Assemble your own COVID-19 safety kit to prepare for in person classes / events!

Step 1: Assemble the items listed by the YAB'S "COVID-19 Back 2 School Supplies" guide.

Step 2: Carry the items with you wherever you go and encourage your friends to do the same!

Girls Are Powerful ORGANIZATION
The Youth Advisory Board presents

COVID-19 BACK2 SCHOOL Supplies

1. Hand Sanitizer
2. A Smile
(Even if no one can see it, do it with your eyes)
3. Moisturizing Lotion
(Your hands get really dry when constantly washing your hands)
4. Antibacterial Wipes for your hands
5. An Extra Mask
6. Gum or Mint
(To help with mask breath)
7. Disinfecting wipes for your desk and other surfaces

PROJECT 4:

Encourage your friends and family to continue to stay safe this winter / holiday season by joining the YAB's #justwearitwinter campaign!



Step 1: Pick out your favorite mask and favorite winter attire.

Step 2: Snap a photo of you wearing your mask while doing a winter themed activity! Activities could include holiday shopping, cookie decorating, sledding, skiing, tree decorating, gift wrapping, snow ball fighting, lighting the menorah, ice skating, etc.

Step 3: Post the photo to your social media with the hashtag #justwearitwinter to encourage your friends and family to continue to stay safe and stop the spread of COVID-19 this winter season.



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#JUSTWEARIT!

Learn more about the
Girls Are Powerful Youth Advisory Board by visiting
<https://www.girlsarepowerful.org/youth-advisory-board/>

For more visual representations:
<https://www.health.state.mn.us/diseases/coronavirus/materials/riskvenn.pdf>

WORK CITED:

- Coronavirus Disease 2019 (COVID-19). (n.d.). Retrieved from <https://www.health.state.mn.us/diseases/coronavirus/index.html>
- Why Wearing a Mask is Important: Opelika & Auburn, Alabama (AL), East Alabama Medical Center. (n.d.). Retrieved from <https://www.eamc.org/news-and-media/why-is-wearing-a-mask-important>