

418 Kuwili Street Suite 106
Honolulu, Hawai'i 96817

bbshawaii.org

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COVID-19 Match Guidelines

Updated: 10/8/2020

Please review these guidelines and discuss with each person in your match. Each match must decide when it's appropriate to resume in-person contact. The timing will vary based on match needs and considerations.

Big Brothers Big Sisters Hawaii will continue to follow advice of the CDC, State and County guidance. The agency may revise guidelines around in-person contact, as needed.

First, acknowledge the following when deciding if you should have in-person contact:

- Relationships can continue to grow and be meaningful in the absence of in-person contact. We also know that in-person contact is important for connection, mental health, and overall well-being. Whether virtual or in-person, remember that consistent contact is important.
- Any in-person contact carries a risk for COVID-19 transmission. A person with no symptoms can be a carrier and infect others. Please follow recommendations from the Centers for Disease Control & Prevention (CDC) to help lower risk of transmission. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>.
- Deciding to have in-person contact will be an ongoing personal decision that will change repeatedly. This is a decision that will need to be assessed each time when planning an outing.
- Each person needs to make a thoughtful choice about what is the best decision for themselves and their own health. Members of the match need to respect each other's needs and put safety first.
- Do not pressure each other into having in-person contact.

Protocol to determine if in-person contact is a good fit for your match:

- **Wellness:** Each person in the match needs to assess their health directly before each outing and discuss with each other to determine if outing should occur or be a virtual visit instead.
- **COVID-19 Exposure:** Share with your match if you have been exposed to someone with COVID-19 or had exposure to a large amount of people. We need to be open and honest with each other so we can protect each other and work together to make an informed decision about an outing. Ask this question each time you plan an outing. ***If you have had an exposure you must take a 14 day break from any in-person visit. If you have been diagnosed with COVID-19, please contact BBBS for next steps.***
- **Masks: Bigs & Littles must wear face masks** that cover their nose & mouth. Follow CDC, State and County guidance. If you have a medical condition that limits your ability to wear a mask, please discuss this with your Case Manager.
- **Transportation:** Riding in the car together can be a challenge with social distancing. You may choose to avoid it all together. When in the car, consider having windows down or keeping rides short. ***Littles need to sit in the backseat to provide as much distance as possible.***
- **Minimize contact with other people on your outings.**

Questions? Please contact your Match Support Case Manager with any questions or concerns.