Safe Practices for Recovery Programs Operating During COVID-19

Many recovery programs rely on in-person group sessions to help people with addiction, compulsion or other behavioral problems. COVID-19 has made it difficult for many groups to gather. More people and longer times increase the risk of COVID-19 spreading to others. Virtual or phone meetings are safer options and may need to be considered for high-risk individuals.

If your group operates under the Governor's Safe Start Phase 2 guidance, use this guidance to help keep attendees safe. Only 5 attendees are allowed per group during phase 2. Counselors are excluded from this number.

- **Wear a face covering.**
  - Face coverings help protect others.
  - The Secretary of Health requires face coverings to be worn in public spaces.
- **Practice physical distancing.**
  - Stay at least 6 feet away from others. Arrange chairs in a manner to facilitate this.
  - Avoid handshakes or hugs.
- **Keep groups as small as possible.**
  - Consider having people sit by the same people during meetings to make contact tracing easier in the event of a positive case.
  - Keep a seating assignment to aid in contact tracing.
  - Encourage attendees to provide their contact information via a visitor log.
- **Complete health screenings.**
  - Ask attendees to self-screen prior to arrival or perform a check on-site before meetings.
  - Do not allow any attendees with symptoms or a temperature greater than 100.3 F to attend.
- **Increase ventilation.**
  - Hold meetings outside if possible.
  - If meetings cannot be held outside, open windows and doors to increase air flow.
- **Increase cleaning and disinfecting.**
  - Focus on frequently touched items.
  - Remove items that cannot be easily cleaned, such as plush furniture.
  - If possible, reduce touch points through activities, such as propping doors open.
  - Consider removing food or coffee service to eliminate commonly touched items.
  - Provide hand sanitizer and disinfectant wipes for attendees to use.
- **Post signage.**
  - Stay home if you’re sick.
  - Wash your hands.
  - Cover your coughs and sneezes.