



friendship force
INTERNATIONAL

Health and Safety Guidelines for Friendship Force Journeys after COVID-19

We are living in unprecedented times as we navigate a new normal after the outbreak of COVID-19. Depending on where you are in the world, you may be considering home hosting again in the new future. Friendship Force International would like to offer some guidelines as our members get back into the habit of making new friends through Friendship Force Journeys.

We have developed the following checklist to prevent the spread of COVID-19 based on information available from the [Centers for Disease Control](#)* (CDC) and the [World Health Organization](#) (WHO):

Personal Guidelines For Travel:

- Wash your hands frequently with soap and water, or clean them with alcohol-based hand sanitizer that is at least 60% alcohol
- Avoid touching your face (eyes, nose and mouth)
- Keep some physical distance between yourself and other people (about 2 meters apart)
- Consider covering your mouth and nose with a cloth face cover when you are around others
- Cough or sneeze into your bent elbow, not into your hands.
- Dispose of used tissues in the trash; do not reuse disposable tissues
- Stay home if you do not feel well

Cleaning Guidelines When Preparing for House Guests:

- Ventilate rooms before you clean. Allow fresh air to circulate for at least 20 minutes. If possible, leave all windows open during the entire cleaning process.
- Wear disposable gloves for routine cleaning and disinfection
- Clean surfaces using soap and water to remove visible impurities
- Use disinfectant (chemicals like bleach or alcohols) to kill germs on surfaces after cleaning with soap and water, Diluted household bleach solutions, cleaning products with at least 70% alcohol, and most common disinfectants registered by the Environmental Protection Agency are believed to be effective against the coronavirus.
- Frequently clean and disinfect high touch surfaces which include:

- Tables
- Doorknobs
- Light switches
- Countertops
- Cabinet handles and pulls
- Coffee makers
- Desks, nightstands, sofa tables
- Phones
- Keyboards
- Toilets
- Faucets/Taps
- Sinks
- Remote controls

- Clean soft surfaces such as sofas and curtains with soap and water or with cleaners appropriate for these surfaces. Vacuum regularly.
- Launder towels and linens at the highest temperature possible according to the manufacturer's instructions
- Clean and disinfect laundry baskets and hampers
- Empty the vacuum cleaner after every cleaning
- Clean and disinfect car door handles and seat belts

Important: Never mix household bleach with ammonia or other cleaning solutions—doing so can release toxic gases.

[*Cómo limpiar y desinfectar su casa | CDC](#)

Our advice for hosting and traveling following this time of global pandemic is not really any different than what we normally advise; it is important for clubs to be in touch and to be transparent about the situation in the hosting community and the perceived safety there. We expect for ambassadors to be transparent and upfront about their health and mobility. Hosts and ambassadors understand that they take responsibility for their own risks involved with travelling and staying in someone's home. You can find more about this in the [Ambassador Agreement portion of the Ambassador Application](#) and [Host Application and Agreement](#).

Every ambassador and host should fill out and sign this application and agreement for every Friendship Force Journey. Ambassadors are required to have travel insurance. While travel insurance doesn't offer cancellation coverage for a trip canceled due to the fear of traveling because of a pandemic, it would offer medical benefits if a person were to get sick while traveling, regardless of the cause of the sickness.

Please feel free to contact us if you have any questions or need additional information. We are all looking forward to getting back to traveling and meeting new friends. Hopefully sooner rather than later and of course, with everyone's safety and wellbeing in mind.