



A Guide and Checklist for Facilitators

Resuming In-person Better Breathers Club meetings

May 24, 2021

This guide has been developed to help Certified Better Breathers Club facilitators understand and follow American Lung Association guidance for safe virtual and in-person Better Breathers Club meetings, as allowed by local regulations.

This is a dynamic document that will be updated as new resources or information comes out pertaining to the COVID-19 pandemic and safety measures that should be put in place to ensure safe and welcoming Club meetings continue for adults living with chronic lung disease and their caregivers.

This guide does not replace any recommendations or requirements already listed in the Better Breathers Club agreement, facilitators guide or online training.

Have a question or need support? We're here for you. Contact us at betterbreathersclub@lung.org.

I. Virtual Program and Meeting Tools

Even if your community is approved to resume in-person activities, you may not feel ready to resume in-person Better Breathers Club meetings. During the pandemic, the American Lung Association developed tools for Club Facilitators to utilize when hosting virtual support groups.

The following tools are still available for your use in the facilitator resource center:

- Getting Started with Zoom for Better Breathers Club meetings
- Tips for Using Zoom for Better Breathers Club meetings
- Zoom How-to Guide for Better Breathers Club members
- Zoom User's Guide for Better Breathers Club facilitators

If you have difficulty accessing any of these tools, connect with us at betterbreathersclub@lung.org.

II. In-Person Meeting Guide

As of June 1, 2021, the American Lung Association recommends considering resuming in-person Better Breathers Club meetings if that is the choice of the facilitator, host/sponsor organization and members.

The safety of the Club members, facilitator and surrounding individuals is our top priority. These guidelines and checklist have been created to help facilitators begin the process of readying their Club for a transition back to in-person meetings and does not supersede any of the guidelines previously outlined in the Better Breathers Club agreement or facilitator guide.

COVID-19 is an extremely contagious virus that spreads easily in the community.

The introduction of vaccines that protect against COVID-19 is an effective public health tactic to reduce serious illness and death, yet it is not a replacement for social distancing, mask wearing or handwashing.

Resuming In-Person Meetings Checklist:

- My Better Breathers Club meeting site approves of the decision to resume in-person meetings.
- The meeting site is taking all reasonable precautions to limit exposure to respiratory viruses, including:
 - Wiping down surfaces with a disinfectant
 - Ensuring the space is large enough to maintain physical distancing
 - Maintaining efficient air flow
 - Making available a handwashing station or hand sanitizer
 - Screening individuals for symptoms or possible exposure before beginning the Club meeting
 - Following any additional local health and safety guidance and CDC recommendations to prevent the spread of COVID-19
- Take a written attendance record and keep these files for at least 90 days post-meeting.
- Face coverings should be worn inside buildings and when individuals outside of individual households are convening.

All Better Breathers Club members, facilitators and site locations must indicate agreement to assumption of risk on the attendance records, which are to be kept by the Club facilitator and do not need to be submitted to the American Lung Association.

Questions and Answers

Q: Do my Club members need to be vaccinated before they return to in-person Better Breathers Club meetings. Do I?

A: The American Lung Association HIGHLY recommends all individuals be fully vaccinated against COVID-19 as a protective measure as Club members generally fall into the high-risk category for severe illness from COVID-19. Fully vaccinated, as defined by the CDC, means at least two weeks have passed since your final COVID-19 vaccine.

Some individuals may not be able to, or may choose not to, be vaccinated against COVID-19. While it is not a requirement to be vaccinated, we strongly encourage virtual meetings for those who do not have immunity against COVID-19 during the pandemic.

Q: If we are all vaccinated against COVID-19, can't we take our masks off during the meeting?

A: Current CDC guidelines indicate that after individuals are fully vaccinated, they may gather indoors without face masks, with several exceptions including healthcare settings. Most Club meetings occur within healthcare settings and would need to follow federal, state, local and worksite guidance. Until those recommendations change, face masks provide an additional level of protection against COVID-19.

Q: When can we resume in-person Club meetings?

A: Beginning June 1, 2021, and assuming all conditions outlined in this document are met and **all parties** agree.

Q; Can meetings occur outdoors and without masks?

A: Sure!

Q: Are we good to resume inviting a guest presenter to speak?

A: The same recommendations that apply to Members apply to guests.

Q: Are caregivers and loved ones allowed to attend?

A: Supportive family and friends are welcome to attend with the same recommendations that apply to Members.