



Reducing Risk at Recovery Meetings

We urge you to follow Governor Brown’s direction that there not be any gatherings of 25 or more people. Indeed, most of the experts are urging no group gatherings or a maximum of 10 people. In the event your recovery support meeting is occurring, please do not attend if you are showing any symptoms of illness. If you do attend, please consider the following suggestions:

1. Consider moving your meeting outside.
2. According to the CDC, people attending meetings should sit six feet away from each other. Arrive early and help set up the meeting accordingly. Do not allow participants to move chairs as they arrive.
3. If there is not enough space in a room for additional people to maintain a six-foot distance, the room is full. If needed and possible, set up a meeting in a separate spillover room and ensure all necessary materials are available.
4. Get there early and wipe down chairs and tables. Repeat after the meeting.
5. Do not offer any form of refreshments.
6. Instruct greeters to request all attendees to stop in the restroom to wash hands for 20 seconds (2x the Serenity Prayer) and not hug or shake hands with others.
7. At the start of the meeting, have these suggestions announced so that everyone understands the collective action needed to reduce the risk of the meeting.
8. Do not pass a basket or bucket for donations--place near the door and ask people to contribute on their way out.
9. Individuals handling money should use latex gloves.
10. Do not hold hands or hug at any point. Even if you are not medically vulnerable, you could spread the virus to someone who is.

Post-meeting socializing: for many of us, “the meeting after the meeting” is equally important. Consider organizing an “urban hike” after the meeting instead of gathering for coffee or a meal.