



Member Release of Liability

Attention: Please read this release carefully before signing it.

I have requested to participate in activities sponsored by Mount Vernon at Home, Inc. (“MVAH”) that provide services to me.

To help ensure my safety and the safety of volunteers of MVAH, during my participation in these activities, I will follow MVAH’s current guidance for COVID-19 precautions. That guidance is attached to this release. I understand that MVAH may update its guidance from time to time and I will follow any updated MVAH guidance.

I understand that, during the course of my participation in these activities, I may be exposed to personal injury, illness or damage to my property, including exposure to coronavirus or COVID-19, and that these activities may be inherently dangerous or hazardous. I agree to accept all risks of personal injury, illness or damage to my property in any way connected to my participation in these activities.

I waive and release any and all claims for personal injury, illness or damage to property and any other claims, that are in any way connected to my participation in these activities against MVAH’s directors, officers, employees, volunteers, members and agents.

I understand and agree that MVAH and the released parties have no responsibility to provide financial or other assistance to me in connection with these activities, including medical, health and/or life insurance.

I AFFIRM THAT I AM 18 YEARS OF AGE OR OLDER, AND THAT I SIGN THIS RELEASE OF MY OWN FREE WILL.

I HAVE CAREFULLY READ THIS RELEASE AND FULLY UNDERSTAND ITS CONTENTS.

Member’s Signature

Date

Name of Member (*please print*)

MVAH COVID-19 Precautions

Practice Social Distancing.

- If you have to go out for essential things like grocery shopping or medical care, stay at least 6 feet away from others.
- CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies). Wearing a cloth face covering can help prevent a sick person, exhibiting no symptoms, from accidentally infecting others.
- The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders.
- Avoid public spaces, public activities, and group gatherings with 10 or more people.
- Do not take public transportation such as buses, trains, taxis, or ride-shares, if possible.

Stay at Home. Do your part to help stop the spread of COVID-19 by staying at home.

- Governor Northam issued a statewide Stay at Home order on March 30, 2020 to protect the health and safety of Virginians and slow or stop the spread of COVID-19.
- There is growing evidence that people can spread COVID-19 even if they never develop signs or symptoms or before their symptoms start. Even though this is possible, CDC believes that people can more easily spread the virus to other people when they have symptoms. Everyone should limit their exposure by staying home.
- If you are sick, even with mild signs of illness (fever, cough, shortness of breath, sore throat, headaches, fatigue, body or muscle aches, nausea, vomiting or diarrhea), stay home and separate yourself to prevent spreading illness to others.

Wash Your Hands Frequently to Limit the Spread of Germs.

- Wash your hands with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains 60%–95% alcohol. Soap and water should be used if hands are visibly dirty.
- Clean your hands often, especially after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.
- Avoid touching your eyes, nose, or mouth with unwashed hands.

Know the Signs and Symptoms of COVID-19.

- The virus is spread mainly through respiratory droplets produced when an infected person coughs, sneezes, or talks. Therefore, it spreads between people who are in close contact with one another (about 6 feet) or by touching a surface or object where respiratory droplets have landed. Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.
- Symptoms may appear 2-14 days after exposure.
- People with COVID-19 usually have mild to severe respiratory illness with symptoms of fever, cough, shortness of breath. Some people have other symptoms, including fatigue, muscle aches, headache, sore throat, or diarrhea. Not everyone with COVID-19 will have all symptoms and fever might not be present.

- If you develop emergency warning signs for COVID-19, get medical attention immediately. Emergency warning signs may include: trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face.
- If you have a medical emergency and need to call 911, notify the operator that you have or might have, COVID-19. If possible, put on a facemask before medical help arrives.

Clean and Disinfect Frequently Touched Surfaces.

- Frequently touched surfaces include: phones, keyboards, toilets, faucets, sinks, tables, countertops, light switches, doorknobs, cabinet handles, etc.
- Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.
- Other options are to use diluted household bleach solutions if appropriate for the surface by mixing 5 tablespoons (1/3rd cup) bleach per gallon of water, or simply use soap and water or an alcohol solution with at least 70% alcohol. Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.