

SCHEDULE 1

CDC Guidelines

During the COVID-19 pandemic, I understand that the CDC recommends the following actions to help prevent exposure to the virus:

- **Wash Hands.** Wash hands thoroughly or use the provided hand sanitizer often for at least twenty (20) seconds. Or, use provided gloves. Avoid touching nose, mouth and eyes with unwashed hands or used gloves.
 - I have read the attached **Schedule 2** regarding the proper disposal for used gloves.
- **Social Distance.** Put distance between myself and any other person (at least six (6) feet) during the duration of the Activity.
 - Only one person may be in a vehicle at a time.
- **Face Covering.** Wear a face covering during the duration of the Activity except if it causes me to have trouble breathing.
 - I have read the attached Dos and Don'ts on the proper usage of face coverings, attached as **Schedule 3** to this Release.
- **Cover Coughs and Sneezes.** Cover coughs and sneezes with the inside of my elbow.

Initial

SCHEDULE 2

How to Remove Gloves

To protect yourself, use the following steps to take off gloves



1 Grasp the outside of one glove at the wrist.
Do not touch your bare skin.



2 Peel the glove away from your body,
pulling it inside out.



3 Hold the glove you just removed in
your gloved hand.



4 Peel off the second glove by putting your fingers
inside the glove at the top of your wrist.



5 Turn the second glove inside out while pulling
it away from your body, leaving the first glove
inside the second.



6 Dispose of the gloves safely. Do not reuse the gloves.



7 Clean your hands immediately after removing gloves.

SCHEDULE 3

DOs AND DON'Ts ON THE PROPER USE OF FACE COVERING

The CDC has indicated that masks will provide some protection to you, if properly used. The masks, however, should not be used as a substitute for other methods of protection. Namely, you should continue to practice frequent hand washing, social distancing, and other CDC recommended guidance.

The following list of **dos** and **don'ts** is being provided to you regarding the use of a face covering/mask. Please review the list carefully.

DOs

- **Do** – Use it to completely cover your nose and mouth
- **Do** – Put it on properly and adjust it as necessary throughout the day (after adjusting, wash your hands)
- **Do** – Be careful not to touch your eyes, nose and mouth, and wash your hands and face immediately after removing the mask before touching your face
- **Do** – Keep it clean
- **Do** – Replace the mask if it becomes wet with saliva or sweat, as a wet mask is more prone to bacteria or other pathogen growth
- **Do** – Obtain a new one if it becomes damaged or in any way unsanitary
- **Do** – [For cloth face coverings] Put the used mask in a paper bag (not plastic) until the mask can be properly cleaned
- **Do** – [For cloth face coverings] Wash in hot water and detergent and let dry, before using the cloth mask again.
- **Do** – Keep it away from running machinery or equipment that could entangle the mask
- **Do** – Keep it with you even when you are not using it
- **Do** – Continue to social distance (maintain 6 feet) even when wearing a mask

DON'Ts

- **Don't** – Let it obstruct your vision
- **Don't** – Wear it if it causes any difficulty in your ability to breathe
- **Don't** – Wear it if it causes your glasses to fog up and impairs your vision
- **Don't** – Let it hang down around your neck
- **Don't** – Lay it on a surface where it may contaminate the surface or lay it on a surface that may already be contaminated
- **Don't** – Wear it where it may come in contact with running machinery or create a hazard while performing your work
- **Don't** – Touch the front of the mask where it may be contaminated, especially when removing the mask. Carefully grasp by the straps when removing.
- **Don't** – Take it home if it's a disposable mask, but instead carefully remove it and dispose of it in a trash receptacle
- **Don't** – Use it if it is damaged in any way
- **Don't** – Presume a mask completely prevents transmission of COVID-19. Continue to practice all CDC recommendations such as frequent hand washing; not touching face; social distancing (6 feet); covering coughs and sneezes