

Guidelines for Safe In-Person Programs

Based on Centers for Disease Control & Prevention (CDC) guidelines as of February 2022

We are counting on your cooperation to keep our community safe

Vaccines:

COVID-19 vaccinations are required to participate in our in-person programs. They are the best way to keep you and everyone in our community safe. Verifying vaccination history helps us have a better understanding of our community’s risks and protection.

Please let us know if you need help scheduling a vaccination appointment or arrange transportation.

Fully Vaccinated means:

- **2 weeks after** your 2nd dose of Pfizer or Moderna vaccine OR
- **2 weeks after** one dose of Johnson & Johnson vaccine

Up to Date means:

- You have received all **recommended** additional doses or boosters, if applicable
- You may choose to receive additional, optional doses or boosters

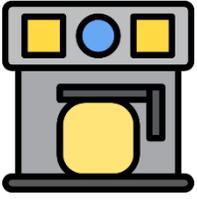
Members can report their vaccination information [here](#). Or bring your vaccination card to your center and we will help you with the online form.

Masks at Stroke Comeback Center when COVID-19 Community Level is LOW (per CDC):

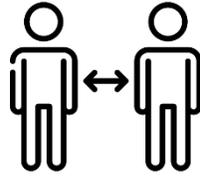
Fully Vaccinated and Up to Date (Boosted)	Fully Vaccinated, not Up to Date (not Boosted)	Not Vaccinated
 Masks are not required in our centers	 Masks are REQUIRED in our common spaces (can be removed in class)	 Masks are REQUIRED at all times (visitors only - no classes)

We want you to feel comfortable. You are welcome to wear a mask at any time. We have reusable cloth masks and N95 disposable masks available or you may bring your own mask.

Food and Drink:



Drink our coffee or bring your own



Spread out when you can, especially when eating lunch



No blowing out birthday candles on shared foods



Individually wrapped snacks preferred

At the Center:



Use hand sanitizer when you enter



Wipe down the table and your materials at the end of class



Bring your own notebook and pen/pencil, if you choose



Put your coffee cups, water glasses, and utensils in the dishwasher after use

Family and Other Visitors:

We ask that family and other visitors follow the same mask guidelines as our members. If you would prefer to not wear a mask in our centers, please provide your vaccination information including boosters [here](#).

Do your part to keep our community safe:



Follow these safety guidelines



Stay home if you are sick, have a fever, or don't feel well



Tell us if you have a positive COVID test



ASK if you have questions or are unsure what to do

Risks:

Risk for **severe illness** with COVID-19 increases if you:

- are over age 65,
- have heart conditions,
- have history of stroke,
- have diabetes,
- are unvaccinated.



If you have a **high-risk condition**, it is recommended that you **talk to your physician** about your personal risk factors and recommendations.

There is a lot that we still don't know about, for example, how long vaccinations last, future booster recommendations, and virus variants.

We will be closely following local COVID-19 data as well as national and local guidance. We will adjust our policies and practices as needed to keep our community safe. We will tell you when we make changes to these guidelines.

Our virtual classes will remain available for any member who does not feel comfortable returning to our centers or does not wish to follow these guidelines.



Member Agreement for In-Person Programs

I agree to follow SCC's *Guidelines for Safe In-Person Programs*

I will not attend in-person programs if:

- I am feeling ill or have a fever.
- I (or anyone in my household) have been sick in the past 10 days, or have been tested for any illness and are waiting for results.
- I have a suspected or diagnosed/confirmed case of COVID-19.

I agree to follow the guidelines for returning to in-person programs following a COVID-19 exposure or diagnosis:

Members **exposed** to COVID-19 through a close contact:

- If fully vaccinated and do not show COVID-19 symptoms (fever, cough, shortness of breath), a COVID-19 test is recommended 3-5 days after exposure. Member may return if test is negative.
COVID-19 Rapid tests are offered at CVS, Giant Pharmacy, Harris Teeter, and county health departments. Free home tests available at www.covid.gov.

Members who have **tested positive** for COVID-19:

- Members who have tested positive for COVID-19 but **have no symptoms**, may return 10 days after a positive test.
- Members who have tested positive for COVID-19 and **have symptoms** (cough, fever, shortness of breath) may return when ALL of these conditions have been met: 10 days since symptoms first appeared **and** 24 hours with no fever without the use of fever-reducing medications **and** other symptoms of COVID-19 are improving (with exception of loss of taste and smell, which may last longer).

Members who were severely ill with COVID-19 or immunocompromised should discuss returning to in-person programs with their healthcare provider. Additional testing or safety measures may be necessary. Based on CDC guidelines of 2022.

Name: _____

Signature: _____ Date: _____

Caregiver/Guardian of: _____ (if applicable)

If unable to insert signature: I certify agreement with this policy by typing my name on the line above.



Opening the door to a brighter tomorrow

COVID-19 Waiver of Liability

I **waive my right to bring a lawsuit against Stroke Comeback Center** and release and discharge its officers, directors, managers, employees, or other representatives from actions, causes of action, damages, claims, judgments and executions, or demands on behalf of myself or my legal representations **in connection with exposure, infection, and/or spread of COVID-19** related to utilizing Stroke Comeback Center's services (the "Waiver").

I understand that **this Waiver means I give up my right to bring any claims** including for personal injuries, death, disease or property losses, and **give up any claim I may have to seek damages in connection with exposure, infection, and/or spread of COVID-19** related to utilizing Stroke Comeback Center's services.

I have been provided with Stroke Comeback Center's ***Guidelines for Safe In-Person Programs***.

I am **aware of the risks** of possible exposure to or contracting COVID-19 while attending programs at Stroke Comeback Center and am aware of virtual program alternatives. Nevertheless, **I voluntarily elect to attend programs at Stroke Comeback Center with full knowledge and awareness of the danger and risk involved.**

I **agree to attend** in-person programs with the restrictions outlined in the *Guidelines for Safe In-Person Programs*. I am aware that these restrictions may change based on available national, state, and local guidelines for reducing the spread of COVID-19.

Name: _____

Signature: _____ Date: _____

Caregiver/Guardian of: _____ (if applicable)

If unable to insert signature: I certify agreement with this policy by typing my name on the line above.