



Information Relating to COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is reported to be extremely contagious. Medical knowledge of the virus is evolving, but COVID-19 is believed to spread from mainly from person-to-person contact (within about six (6) feet), through respiratory droplets that an infected person produces when coughing, sneezing or talking. People reportedly showing no symptoms can be infected and therefore spread the disease. The exact methods of spread and contraction are unknown, and there is no known treatment, cure, or vaccine for COVID-19. *Evidence has shown that COVID-19 can cause serious and potentially life-threatening illness and even death.*

To avoid the spread of COVID-19, Muscular Dystrophy Association follows the current guidelines provided by the Centers for Disease Control ("CDC") located at [cdc.gov/COVID-19](https://www.cdc.gov/COVID-19). Your Fire Department may follow state or local guidelines.

Participant Obligations to Avoid the Spread of COVID-19

By participating in the Fill the Boot event, you attest that:

- You have not traveled internationally in the past 14 days;
- You have not traveled to an area in the United States heavily impacted by COVID-19 in the past 14 days;
- To your knowledge, you have not been exposed to a person with a confirmed or suspected case of COVID-19;
- If you were previously diagnosed with COVID-19, you have been cleared as non-contagious by state or local public health authorities; and
- You are not currently experiencing any symptoms associated with COVID-19, such as fever, cough, or shortness of breath. If you develop these symptoms, you will inform MDA and cancel your Fill the Boot shift.

By participating in the Fill the Boot event, you agree to follow the health and safety guidelines provided by the CDC, local health authorities, and your fire department including but limited to:

- Social distancing by maintaining at least six (6) feet of distance as much as possible;
- Wearing a mask and gloves and any other PPE required by your department at all times during the Fill the Boot event;
- Covering coughs and sneezes with a tissue (throw away immediately) or the inside of your elbow;
- Washing hands frequently or using hand sanitizer (containing at least 60% alcohol) if soap and water are not available; and
- Frequently cleaning and disinfecting any high-touch areas at your Fill the Boot station.