March 19, 2020 Updates and New Precautions

Dear members, family, friends, and supporters

Mended Hearts has been following the Novel Coronavirus (COVID-19) information released from the Centers for Disease Control (CDC) and the World Health Organization (WHO). We are updating you all on our weekly schedule.

The CDC recommends that all individuals who are over the age of 60, or have an underlying health condition, such as cardiovascular disease, should take extra precautions to protect themselves from the virus.

The CDC recommends if you are at higher risk of getting very sick from COVID-19, you should:

- Stock up on supplies.
- Take everyday precautions to keep space between yourself and others.
- When you go out in public, keep away from others who are sick.
- Clean your hands often by washing with soap and water or using an alcohol-based hand sanitizer.
- Avoid crowds and people who are sick.
- Avoid cruise travel and non-essential air travel.
- During a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.
- If someone in your home is sick, have them stay away from the rest of the household to reduce the risk of spreading the virus in your home.
- Avoid sharing personal household items such as cups and towels.

The Mended Hearts' main priority is to protect our members, visitors, and those patients and families we serve. Therefore, after careful consideration, The Board of Directors for The Mended Hearts, Inc has issued the following temporary policies:

**Effectively immediately, all patient and family in-person visits will be temporarily suspended in all chapters and groups across the nation**

**Effective immediately, all monthly support, educational meetings, and events will be temporarily suspended in all chapters and groups across the nation**

In addition, please see the following recommendations to our membership:

The MHI Board recommends that members should follow all local guidelines, procedures and precautions as directed.
The MHI Board recommends that members should follow all guidelines, procedures and precautions deemed necessary by the US Government regarding air travel.

The Mended Hearts, Inc Board of Directors will reassess the situation weekly and communicate updates to our membership. Our hope is that this is a short-term situation that will resolve itself.

Until we lift the suspension on in-person visits and gatherings, Mended Hearts will continue to provide support in other ways. Please know that Mended Hearts is still here, and still working to inspire hope and improve the quality of life of heart patients and their families.

Ways that we can provide support currently:

Join us on our online discussion board, where you can talk to others just like you: JOIN US HERE

Call us to be connected to a supporter in your area: 1-888-HEART-99

Email us at info@mendedhearts.org to be connected via email to someone

Find us on Facebook at @MendedHearts or @Mendedlittleheartsnational

During this temporary hold on in-person connection, Mended Hearts and Mended Little Hearts will still be here, still providing comfort and support. We look forward to gathering again.

Sincerely,

The Mended Hearts, Inc Board of Directors