

HOUSE RULES

The following are NOT ALLOWED in the house at any time:

- Alcohol/Drugs
- Non-approved Medications
- Over-the-counter items such as mouthwash with alcohol, vanilla extract, inhalants, diet pills or other stimulants, sleeping aids or other depressants (check with management with any questionable items)
- Lit cigarettes
- Weapons, explosives, fireworks

Smoking inside the house is not permitted. Ashtrays are provided on the patio and need to be cleaned daily. No littering of cigarette butts on or near property.

When leaving the house: all ceiling fans, lights, televisions, and radios are to be turned off. Lock all doors and windows. Your personal belongings are NOT covered by insurance.

Since excessive power bills could potentially force higher rental fees for you, please adhere to the following:

- Only run dishwasher when it's full
- Open windows when cool enough to turn off A/C
- Only use cold water for laundry and wash loads that are full (but not overly stuffed)

Be considerate with the neighbors and your fellow residents. The volume of television, music and your voices need to be considered at all times, but especially during early morning hours and after 9:00 pm.

Keep the house clean and orderly. Make your bed as soon as you get up and keep your clothes, shoes, toiletries and other belongings organized. Clean up after yourself. Wash your dishes immediately in order to prevent roaches and other insect problems. Place garbage bags in the garbage containers outside. Trash pick-up is every Monday and Thursday.

No flushing tampons or cigarette butts down the toilet. No cooking oils, grease, bleach or other solvents down the drains.

No male guests are allowed inside the house at any time, with the possible exception of approved family visits. Female guests (Sponsors or female friends in recovery) are allowed, with permission until 8:00 pm.

ABOSOLUTELY NO OVERNIGHT GUESTS OR SEXUAL ACTIVITIES ON THE PREMISIS.

Personal items left behind after vacating will be considered abandoned and will be disposed of.

All residents must be in the house during the hours of 11 p.m. Monday-Thursday, 12 a.m. Friday and Saturday, through 6 a.m. After 30 days of residency, you may apply for an approved overnight pass. When coming back you will have a drug/alcohol test performed at your expense (\$20). Tests will also be issued randomly and at staff discretion.

I understand the above rules and that violations may be cause for discharge from Dignity House.

SIGNATURE

DATE