## Guidelines for Participating in The National Multiple Sclerosis Society's Mothers with MS List Serve

- 1. Please post information once. Multiple posts of the same message copied over and over create confusion and are discourteous to others in the group.
- 2. If you have websites to share or lots of information, ask others to email you if they are interested! Posting URLs (website addresses) are not allowed. The ONLY exception to this is posting URLs within the National MS Society: www.nationalMSsociety.org.
- 3. Copying and pasting copyrighted material in a post is not allowed. To share copyrighted material, ask people to email you to obtain the information.
- 4. Members of the list serve group will be responsible for maintaining the confidentiality of other e-mail group members.
- 5. Posting telephone numbers other than your own or numbers already listed within the National MS Society website is prohibited.
- 6. Please do not email people at random to offer information. This is not the venue to provide product information or seek sales. If you receive any type of solicitation through participation in this group, please contact Brooke Teeter immediately. (501-663-8104 or Brooke.Teeter@nmss.org)
- 7. Do not post offers to sell anything.
- 8. The use of the list serve for gathering information for surveys and research studies is prohibited. You may inform people of a survey and invite them to participate by writing to you personally.
- 9. Discrimination or prejudice based upon race, color, religion, creed, sex, sexual orientation, national origin, age, disability, or veteran status is in violation of federal law and the policies of the National MS Society and will not be tolerated. Do not post prejudicial statements, comments, or remarks in posts on the boards. These will be removed immediately and your account within the list serve terminated.

- 10. Profanity and harassment are not allowed and posts containing profanity or that are of harassing nature will be removed and your account within the list serve terminated.
- 11. Pornographic material and/or references to it are not allowed and posts containing such will be removed and your account within the list serve terminated.
- 12. When posting information about a fellow member of your self-help group, do not identify the group member by name or description.
- 13. Do not send messages that contain religious or political content. Messages related to National MS Society advocacy efforts are allowed.
- 14. Do not give medical advice in this forum, regardless of your personal or professional qualifications. You may share information on personal experiences, treatments, etc., but refrain from giving personal interpretations, giving advice, or offering recommendations.
- 15. Do not engage in the act of "flaming". Flaming is what people do when they express a strongly held opinion without holding back any emotion. Our goal is to promote positive relationships among the list serve group members, and "flaming" can defeat that. Keep in mind that you are not always going to agree with other members' posts and it is not necessary to respond to every post. If you do feel the need to disagree with a post we ask that you do it in a positive and polite way.
- 16. Messages are to be regarded as personal and private. Please do not forward messages to others unless you have obtained the originator's permission to do so.
- 17. Any person can be banned by the administrator or moderator for comments that are not constructive to the overall purpose of this list serve.
- 18. The National Multiple Sclerosis Society sponsors this list serve. We want to promote positive relationships and a positive atmosphere on the list-serve. Please use your best judgment in deciding what to share in this forum, and what should be more appropriately directed to your chapter staff.

The list serve is an open format and all posts emailed out will go to every member of the list serve.

The above guidelines were established by the National MS Society.

## **DISCLAIMER**

The Mothers with MS List Serve is here to offer an opportunity for Mom's with MS to gather information and share ideas and concerns. Using or accessing posts of this list serve should not be interpreted as a substitute for medical evaluation and/or treatment by a qualified health care professional. Participation in all interactive areas and use of resources offered is at the user's own volition and is not intended to provide or confirm a diagnosis, nor is any claim made as to therapeutic efficacy. Users are advised to seek the advice of a health care professional. The National MS Society assumes no liability whatsoever for direct or indirect, special or consequential damages relating in any way to the use of information provided here. The National MS Society does not endorse any of the sites to which it links. The National MS Society makes no representations, warranties, or claims as to the validity, authenticity, quality, or viability implied of the consultation, advice, or services offered by the practitioners listed as other sources. Participation in discussions is at the user's own volition and National MS Society does not make any representations regarding the content of, or effects of, participation in these discussions.

No Personal Advice: The information contained in or made available through, Mothers with MS List serve, cannot replace or substitute for the services of trained professionals in any field, including, but not limited to, financial, medical, or legal matters. In particular, you should regularly consult a doctor in all matters relating to physical or mental health, particularly concerning any symptoms that may require diagnosis or medical attention. The National MS Society makes no representations or warranties concerning any treatment, action, or application of medication or preparation by any person following the information offered or provided within or through the Mothers with MS List serve site. The National MS Society will not be liable for any direct, indirect, consequential, special, exemplary or other damages that may result, including but not limited to economic loss, injury, illness or death.