



Revised list of US States requiring quarantine upon return to New Jersey as of: **11/17/2020**

COVID-19 Requirements for Studio Entry

By Appointment ONLY!

BEFORE coming into the studio for EACH APPOINTMENT, please review the following:

Do you... Still need to complete & return your COVID-19 Screening Questionnaire? (via email)
For the safety of all, no one can be allowed into the studio without having done so.

- Do you have these symptoms?**
- Fever within the last 72 hours
 - Dry cough
 - Loss of taste or smell
 - Sore throat
 - Rashes
 - Shortness of breath

- Have you... Over the last 30 Days...**
- Had close contact* with a confirmed COVID-19 patient
 - Had close contact* with a Person Under Investigation (PUI) for COVID-19

**Close contact = being at a distance of less than 6' for more than 10 minutes.*

- Over the last 14 Days...**
- Traveled out of the country or on a cruise ship
 - Traveled to **ANY** of these **46 US States:**
Alabama, Alaska, Arizona, Arkansas, California, Colorado, Delaware, Florida, Georgia, Guam, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Mexico, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Puerto Rico, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, or Wyoming

Basically every US State BUT: *Connecticut, Hawaii, New York, Pennsylvania, or Washington DC*

Returned to NJ recently?

- Traveled to **ANY** of these **US States** that have been removed from the list but still have active 14-Day Quarantine windows upon returning to NJ:

NJ Returns thru Sept 15th: **Hawaii**

“YES” to ANY of these? Please stay home and let us know once you can join us.

“No” to ALL of these? Then grab your mask, join us for a session, and welcome back!

Feel Great. Get Strong. Don't Forget to Breathe.