



Revised list of US States requiring quarantine upon return to New Jersey as of: **9/28/2020**

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 **35 US States:**
Alabama, Alaska, Arizona, Arkansas, Delaware, Florida, Georgia, Guam, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, North Carolina, North Dakota, Oklahoma, Puerto Rico, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, West Virginia, Wisconsin, or Wyoming

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: *California, Hawaii, Maryland, or Ohio*

“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.