



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

# 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, Arkansas, California, Delaware, Florida, Georgia, Guam, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, North Carolina, North Dakota, Ohio, Oklahoma, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, West Virginia, or Wisconsin*

### 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 9<sup>th</sup>:  
*Puerto Rico or the Virgin Islands*

**“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.