

## AT-HOME COVID-19 SCREENING QUESTIONNAIRE

Madison Meadow Athletic Center requests that members and program participants answer the following questions prior to visiting the facility.

If a member or guest can answer “yes” to any of the following, they should not visit the fitness center, participate in a group fitness class or attend a personal training session.

- Have you felt or currently feel feverish?
- Do you have a cough?
- Do you have a sore throat?
- Have you been experiencing difficulty breathing or a shortness of breath?
- Do you have head or muscle aches?
- Have you noticed a new loss of taste or smell?
- Have you been experiencing chills?
- Have you been experiencing any other symptoms?
- Is anyone in your household displaying any symptoms of COVID-19?
- To the best of your knowledge, have you or anyone in your household come into close contact with anyone who has tested positive for COVID-19?

Other symptoms include runny nose, diarrhea, nausea, vomiting or abdominal pain. For reported headaches, consider if new or unusual onset, not related to caffeine, dietary reasons (hunger), or history of migraines, cluster or tension headaches or headaches typical for the individual.

Close contacts include household contacts, intimate contacts or contacts within 6 feet for 15 minutes or longer unless wearing a mask during period of contact.

## POST-SCREENING PRACTICES

Madison Meadow Athletic Center asks that members and program participants stay home if they are exhibiting any COVID-19 symptoms. Individuals should remain isolated at home for a minimum of 10 days after symptom onset or until feverless and feeling well (without fever-reducing medication) for at least 72 hours or confirmed to not have COVID-19 via two negative COVID-19 tests in a row, with testing performed at least 24 hours apart.

For additional community-related resources, please contact your local health provider and follow CDC recommended steps.



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