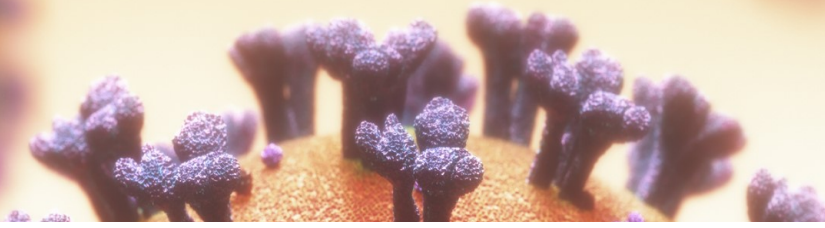


# Current Wellness Center Rules



## What We are Doing to Keep you “SAFE”:

- We are limiting the number of people in our facility to keep those in our community who are potentially infected with COVID-19 from infecting our staff who need to remain healthy to keep you safe.
- Employees, like you, are monitoring for symptoms.
- All employees are required to wear masks covering their noses and mouths.
- As much as possible, we are social distancing in our work areas.
- We are diligently performing hand hygiene as this is the best defense in infection control and prevention.
- Common areas are being routinely disinfected at an increased level and frequency.

## COVID-19 Screening Upon Entry:

- Your temperature will be checked and you will be asked the following questions.
- Have you been in close contact with a confirmed case of COVID-19 in the past 14 days?
- Are you experiencing a cough, shortness of breath, or sore throat?
- Have you had a fever in the last 48 hours?
- Have you had new loss of taste or smell?
- Have you had vomiting or diarrhea in the last 24 hours?

## New Rules as a Result of COVID-19:

- Masks are required upon entering building.
- Wipe each machine after using.
- From 8:30 a.m.—11:30 a.m. and 1:00 p.m.—4:30 p.m., the West/Rehab end of the gym is reserved for therapy.
- Only 18 members are allowed in the West/Rehab end of the gym at any time from 5:30 a.m.—8:30 a.m., 11:30 a.m.—1:00 p.m., and 4:30 p.m.—9 p.m.
- From 5:30 a.m.—9 p.m., the East/Wellness end of the gym is available to the public.
- Only 15 members are allowed to use the East/Wellness end of the gym at any time from 5:30 a.m.—9 p.m.
- Please limit your gym use to 1 hour if others are waiting to enter gym.
- Please remember to observe your safety and the safety of others by 6 feet social distancing.

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**Outpatient Rehabilitation** services are also available. Patients have the option to come to our facility for therapy, or you can use Telehealth services which enables you to interface via communication technology with your therapist from the comfort of your home.

**Cardiac Rehabilitation** services are also available. Cardiac rehabilitation is by appointment only and requires a referral from your primary care provider or your cardiologist.