



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAILY MEMBER HEALTH QUESTIONNAIRE

As a member of the Superior Douglas County Family YMCA, your health and safety is important to us. In an effort to prevent the spread of COVID-19, we ask that you consider these questions each time you visit our facility. Please remember to wear your face covering in accordance with the Superior Douglas County Family YMCA Face Covering Policy.

IMPORTANT: If you answer YES to any of the following questions, YOU SHOULD NOT ENTER OUR FACILITY:

- **Have you experienced any NEW or UNEXPECTED cold or flu-like symptoms within the last 48 hours** (to include: fever of 100.4 or higher, loss of taste/smell, cough, sore throat, respiratory illness, muscle aches, vomiting, diarrhea, or difficulty breathing)?
- **Have you or anyone you have had close contact* with been confirmed positive for COVID-19 in the last 14 days?**
- **Have you been told by a health care provider to self-quarantine in the last 14 days?**
- **Have you been advised by a health care provider to be tested for COVID-19 and told to quarantine while you are waiting on a result?**

***Close contact includes:**

- You spent **PROLONGED** time with someone confirmed positive, typically more than 15 minutes indoors within 6 feet without a mask.
- You had **DIRECT PHYSICAL CONTACT** with the person (e.g., kissing, hugging).
- You **SHARED** eating or drinking utensils with them.
- You came into contact with their **RESPIRATORY SECRETIONS** (e.g., they coughed on you).