

Coronavirus Disease (COVID-19) Client Health Screening



Please perform this health screening 24 hours in advance of your appointment and please cancel if you answer yes to any of these questions. We ask you to also re-assess the morning of your appointment and please cancel if you answer yes to any of these questions and please contact us immediately. You do not need to turn this form in unless you answered yes. Please contact Julie Gronquist (owner) at BFL by calling or texting 651-415-9500 if you answered yes to any questions.

We ask clients to take their temp when they wake up the day of their appointment.

Client Name: _____ Date: _____ Time: _____

In the past 24 hours, have you experienced:

Temperature is over 100.4:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
New or worsening cough:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Shortness of breath:	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If you answer “yes” to any of the symptoms listed above, please do not come in to BFL. Self-isolate at home.

You are required to take a COVID test before returning to BFL if you have any of the above symptoms or suspect you have COVID. Other symptoms could be associated with COVID such as sore throat, body aches, loss of taste or smell. If you need ideas of where to access a FREE Test ask Julie and she can provide you with resources or see MDH’s website for resources.

Since the last day I was at BFL:

#1 I am not vaccinated and had close contact with someone diagnosed with COVID-19	<input type="checkbox"/> Yes	<input type="checkbox"/> No
#2 I have been diagnosed with COVID-19 and I have symptoms	<input type="checkbox"/> Yes	<input type="checkbox"/> No
#3 I have been diagnosed with COVID-19 and I am asymptomatic	<input type="checkbox"/> Yes	<input type="checkbox"/> No
#4) I have been vaccinated and had close contact with someone diagnosed with COVID-19 and I am experiencing symptoms	<input type="checkbox"/> Yes	<input type="checkbox"/> No
#5) I have been vaccinated and had contact with someone diagnosed with COVID-19 and I am not experiencing symptoms.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
** I traveled by plane in US or internationally	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If you answer “yes” to either of these questions, please do not come into Balance for Life and notify Julie Gronquist.

If yes to #1, please get a COVID test 5 days after exposure and not return to BFL until you get your test results back, and the result must be negative before being allowed to return to BFL. Quarantine for 5 days from exposure and you must wear a mask for 10 days from date of exposure

If yes to #2, self- quarantine at home 10 days and defer to MDH and your Dr of when you can safely return to BFL. Note, we are NOT following the CDC newest change to 5 days, we are still doing 10 days.

If yes to #3, self- quarantine at home 5 days and defer to MDH and your Dr of when you can safely return to BFL. You must wear a mask for 5 days at BFL until you are at day 10.

If yes to #4, please get a COVID test to confirm you are negative before returning to BFL and quarantine from BFL until you get your test result.

If yes to #5, a COVID test is required day 5 after exposure, quarantine is not needed but you must wear a mask for 10 days at BFL from date of exposure

** Note Airline travel guidelines are changing all the time, we will always default to the CDC recommendation. As of the last update, May 2021, CDC guidelines state no quarantine is required after flying in US or internationally.