

We really hope to welcome you in Montreat this summer! Montreat takes your safety very seriously and strives to minimize the risk of infection of Covid-19 to participants, volunteers, and community members. As you prayerfully consider participation with Montreat, please utilize this form to determine your readiness for travel and gatherings. We appreciate your honest assessment and prudent decision making for the protection of yourself and others.

*Please monitor exposure for 14 days and perform daily temperature checks for 7 days prior to Montreat arrival date. We recommend you get a covid test 5 days before your visit to Montreat.*

**Full Name:** \_\_\_\_\_

## Contact and Symptom Tracking

**14 Days**

In the past 14 days, have you been (*check all that apply*):

- In contact with a confirmed or suspected case of Covid-19?
- In contact with someone who has been exposed to a confirmed case of Covid-19?
- Living in the same household with someone currently on a watch list for Covid-19 exposure?

If you checked any of the boxes above, we recommend you get a Covid test 5 days before your visit to Montreat.

**7 Days**

In the past 7 days, have you exhibited any of the following symptoms (*check all that apply*):

<input type="checkbox"/> Fever (above 100F)	<input type="checkbox"/> Change in taste/smell	<input type="checkbox"/> Chills
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Shortness of breath	<input type="checkbox"/> Congestion
<input type="checkbox"/> Sore Throat	<input type="checkbox"/> Diarrhea	<input type="checkbox"/> Headache
<input type="checkbox"/> Cough	<input type="checkbox"/> Change in appetite	
<input type="checkbox"/> Nausea/vomiting	<input type="checkbox"/> Body aches	

If you checked any of the boxes above, we recommend you get a Covid test 5 days before your visit to Montreat.

## You may consider delaying your participation if you:

- △ Have recently traveled to “hot spot” areas of the country or have traveled internationally and are unvaccinated
- △ Are unable to comply with our state’s mandates for mask wearing.
- △ Are in a higher risk category due to age or have pre-existing conditions such as: cardiovascular disease, respiratory disease (including asthma), diabetes, or are immunocompromised, and are unvaccinated.

By attending a conference, you agree to comply with Montreat’s Covid-19 protocols, including mask wearing requirements and daily temperature checks.

*Thank you for your careful consideration of the above factors. We are grateful for your partnership with us to provide a safe and healthy experience for all.*