

## HEALTH & SAFETY UPDATE

As we continue to monitor the impact of COVID-19, we remain confident in our ability to keep you safe at Cal-a-Vie Health Spa.

Cal-a-Vie will continue to adapt our policies and safety protocols to meet and or exceed the expert guidance of the Centers for Disease Control and Prevention (CDC), the California Occupational Safety and Health Administration (CAL/OSHA) and the California Department of Public Health (CDPH) to ensure the continued health and safety of our valued guests and staff. Our commitment includes; but not limited; to the following:

- Health sanitation procedures are in place for all our vehicles which includes sanitation before and after use. Face coverings are required for drivers and passengers while in a shared vehicle regardless of vaccination status.
- Face coverings are required for all unvaccinated employees while indoors and engaged in direct services with guests. Face coverings are not required for employees while outdoors, regardless of vaccination status. Some exceptions may exist while involved in physical activities.
- We encourage all unvaccinated guests to wear face coverings when indoors in proximity with other guests; for example, while waiting in the spa reception area. Guests may choose, at their own discretion, to not wear a mask while indoors doing vigorous exercise.
- Employees engaged in direct services with guests, regardless of their vaccination status, will wear a face covering if requested to do so by the guest.
- Cleaning and sanitation fogging protocols are conducted frequently in key operational buildings and guest rooms and performed after the use of exercise equipment, weights, etc.
- If an employee COVID-19 case is reported, our internal safety protocols will be immediately initiated to prevent exposure and to ensure the employee's safe return to the workplace.
- If a guest becomes aware of a COVID-19 illness, our safety protocols will be immediately initiated to ensure the guest is safely isolated in their room and to ensure their safe departure from the premises. Refunds and credits are not guaranteed and are assessed on a case-by-case basis.

### COVID-19 SAFETY FAQs

- 1. Is your staff fully vaccinated?** No; however, the majority of our employees are fully vaccinated. We encourage that our staff get vaccinated and that they self-attest their vaccination status.
- 2. Do you require your entire staff to wear masks?** All unvaccinated employees are required to wear face coverings while engaged directly with guests when indoors. Face coverings are not required for employees engaged in fitness related activities or when outdoors.
- 3. What happens if someone has COVID-19?** Any Guest or Employee showing signs of COVID-19 related symptoms are not permitted on the premises or are required to leave.
- 4. Do you offer COVID-19 tests on property?** Yes. Currently, we utilize local and mobile outside vendors, by appointment only. (A fee is associated with this service)
- 5. Are guests required to show proof of vaccination?** No.
- 6. How do you manage seating arrangements during meals?** As per current local & state safety mandates, we currently do not have dining restrictions, however, requests for room service, outside and or distance seating will be openly accommodated.
- 7. Are your guest rooms sharing the ventilation system?** No. Each room has a its own ventilation system and a private exterior entrance that is not shared with any other rooms.

## COVID-19 TESTING OPTIONS

Below are recommended resources for COVID-19 testing in San Diego County.

### **We Test U - Mobile COVID-19 Testing**

We Test U offers convenient mobile COVID-19 Testing options in San Diego County. From 8am-8pm on weekdays and weekends, schedule a lab assistant to meet you at Cal-a-Vie Health Spa to administer a RT-PCR Test, Rapid Antigen Test, or Rapid Antibody Test. Same day appointments are available.

For more information please visit [www.wetestu.com](http://www.wetestu.com) for more information or call 619.736.7172

### **Carbon Health - COVID-19 Travel Clearance Testing**

Carbon Health offers COVID-19 tests for travel clearance at the San Diego Airport. Plan to be tested within 72 hours before your flight. Travel Clearance appointments are available 7 days a week. As part of the test intake process, have your flight itinerary ready to present to a Carbon provider. You'll then receive a COVID-19 test. Results are ready within 3 hours same day OR by 2pm the next day. Turnaround times and types of tests available vary by location.

For more information please visit [www.carbonhealth.com/covid-19-travel-clearance-san-diego-airport](http://www.carbonhealth.com/covid-19-travel-clearance-san-diego-airport) or call +1 619.268.5576

### **Hummingbird COVID Testing Centers**

Hummingbird COVID Testing Centers provide multiple locations for testing within San Diego county. Schedule an in-office or convenient in-car test. Get accurate Rapid Antigen test results within 15 minutes and PCR test results within 24-48 hours.

For more information, please visit [www.hummingbirdrx.com](http://www.hummingbirdrx.com) or call 888.247.7004

### **CVS Pharmacy**

Get a rapid COVID test for same day results, or a molecular lab test (PCR/NAAT) for results within days at a CVS Pharmacy. Schedule your appointment online at [www.cvs.com/minuteclinic/covid-19-testing](http://www.cvs.com/minuteclinic/covid-19-testing)

#### **Nearby Locations:**

- CVS Pharmacy – 1441 N Santa Fe Ave, Vista, CA 92084 | Phone Number: 760.414.1681
- CVS Pharmacy – 883 S Santa Fe Ave, Vista, CA 92083 | Phone Number: 760.630.2134

**\*\*Please Note:** Cal-a-Vie Health Spa is not able to advise or confirm any travel requirements, restriction, or changes in travel policies. The staff at Cal-a-Vie is unable to schedule your test appointment due to the Service's screening process and collection of private and medical information. **Please inquire with the Front Desk about transportation assistance to the test provider location, a moderate transportation fee will apply.**

Cal-a-Vie Health Spa will continue to adapt our policies to meet the expert guidance of the CDC, CAL/ OSHA, the California Department of Public Health (CDPH), and San Diego County COVID-19 Safety Guidelines. As we continue to closely monitor the impact of COVID-19, we remain confident in our ability to keep you safe at Cal-a-Vie. We value your health and wellness and are more committed than ever to providing the highest degree of transparency during your stay.