

# Retreat Center Covid-19 Guidelines



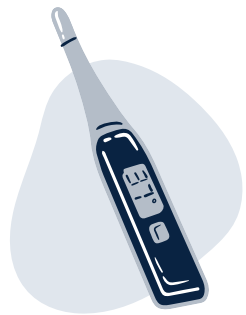
## Upon Arrival



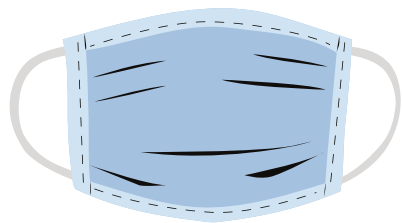
Use **hand sanitizer** at the door upon entering the building



Submit **completed health form** to Retreat Host



**Temperatures** will be taken upon arrival and daily during your stay

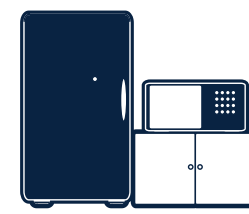


Guests are **recommended and encouraged** to bring and wear a mask

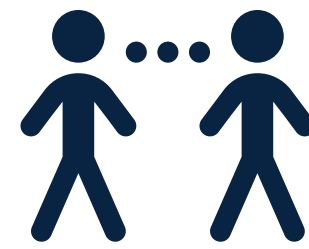
## During Your Stay



Each guest will be **assigned their own room** except for family units (at no additional cost)



Guests will not have access to the kitchen. **Refrigerator space and microwave** will be available.



**Physical distancing** will be in practice with limited people at tables and in certain areas.



Staff will complete **daily sanitizing** of surfaces and spaces



If you **begin to feel ill** during your stay, contact a staff member immediately

## Stay home if...

- You are **feeling sick**
- You have a **sick family member** at home



## Questions?

If you have questions or concerns, please contact Laura Morken at 701-263-4788 or email

[retreats@metigosheministries.com](mailto:retreats@metigosheministries.com)