



Coming Together Again

Wellness House Plans for Return to In-Person Programs

May 12, 2021

When we closed our doors on March 13, 2020, for the health and safety of our community, we knew we would work to open them again as soon as it was safe to do so. We are happy to be approaching that milestone very soon.

This plan, Coming Together Again, reflects the most recent guidelines and recommendations by the Centers for Disease Control (CDC), the Illinois Department of Public Health (IDPH), the DuPage County Health Department (DCHD), the Cook County Department of Public Health (CCDPH), and guidance from local healthcare providers. These guidelines have continuously changed throughout the past 15 months in response to changes in positivity rates, hospitalization rates, and vaccination rates. It is anticipated that there will be further changes and, as such, we will adjust our practices per the recommendations of the CDC, IDPH, DCHD, and CCDPH.

Coming Together Again allows for Wellness House to begin offering limited, individual appointments to participants the week of May 17, 2021. The number of programs will gradually increase over the next seven months.

We recognize in-person programs may not be the best choice for all participants at this time and encourage you to consult your healthcare team if you have questions about your safety. While many steps have been taken to ensure the health and safety of all who enter Wellness House and we are confident in the guidelines that support this plan, the possibility of COVID-19 transmission remains in any public setting.

If there is something that we have learned during the past year, it is the value of being together. As we enter this next phase of re-opening our doors, please know how much we look forward to seeing everyone!

Coming Together Again FAQs

Q. When will Wellness House resume in-person programs?

A. Wellness House will begin a phased approach to in-person programs at the main location in Hinsdale beginning the week of May 17, 2021.

Phase 1: May 17, 2021, to June 30, 2021

- The Main Entrance and Lobby will remain closed to the public
- All regular programs will be available online as they are currently scheduled

- Wellness House staff will be available to meet with participants individually, in-person, at the main location in Hinsdale by appointment only

Phase 2: (Tentatively) July 1, 2021, to September 30, 2021

- Wellness House will begin offering limited group programs in-person at the main location in Hinsdale by registration only
- Wellness House staff will be available to meet with participants individually, in-person, at the main location in Hinsdale by appointment only
- Updates and more information will be provided through email and via our website in late June

Phase 3: (Tentatively) October 1, 2021, to December 31, 2021

- Wellness House will increase the number of group programs offered in-person at the main location in Hinsdale by registration only
- Wellness staff will be available to meet with participants individually, in-person, at the main location in Hinsdale by appointment only
- Updates and more information will be provided through email and via our website in September

Q. Will masks be required for those attending an in-person appointment at Wellness House?

- A.** Yes, Wellness House requires a mask be worn by all participants, volunteers, and staff, while participating in Wellness House programs at the main location in Hinsdale, at partner locations, and outside during Wellness House programs regardless of vaccination status. Masks should cover your nose and mouth, fit securely under your chin, and fit snugly against the sides of your face. For more information on how to wear your mask correctly, please visit: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>

Q. Will social distancing measures be in place at Wellness House?

- A.** Yes, all participants, volunteers, and staff are expected to maintain a safe distance from one another. Social distancing has been identified as a key to stop the spread of the COVID-19 virus and is defined as keeping space of 6 feet between yourself and others. At Wellness House, the following procedures and protocols will be used to promote social distancing:
- All meetings will take place in rooms that allow for at least 6 feet between individuals from different households
 - Separate doors are used for entrance and exit to the main location
 - Restrooms are single occupancy
 - A plexiglass barrier has been installed at the front desk at the main location

Q. What other safety measures are in place at Wellness House?

- A.** Upon arrival to Wellness House, all participants, volunteers, and staff are screened for symptoms, and temperatures are taken. High-touch surfaces are cleaned regularly, including the spaces that are used for individual appointments.

Q. How will you notify participants if they were in contact with someone who has tested positive for COVID-19 while at Wellness House?

- A.** If Wellness House learns that someone with a confirmed COVID-19 diagnosis came in contact with others while at the Wellness House main location in Hinsdale or partner locations, Wellness House will contact those who were in direct contact with the diagnosed individual without disclosing identifying information.

Q. Do I need to be vaccinated in order to attend in-person programs?

- A.** At this time, Wellness House is not mandating that staff, volunteers, or participants receive the COVID-19 vaccine. We will continue to practice social distancing, hand washing, temperature checks, and mask-wearing as outlined by the CDC.

Q. Are Wellness House staff and volunteers vaccinated?

- A.** As an organization, Wellness House encourages all staff, volunteers, and participants to receive the COVID-19 vaccination after discussing the decision with their health care providers. At this time, Wellness House is not mandating vaccination for staff, volunteers, or participants and is not disclosing staff vaccination status.

Q. How can I make an appointment to meet with a staff person at Wellness House?

- A.** If you would like to schedule an appointment with a Wellness House staff person, please contact the reception desk at 630.323.5150 or contact the staff person you would like to meet with via phone or email. The day before an appointment, participants will receive an email with instructions on entering the building and safety checks.

Q. Will Wellness House continue to offer programs online once in-person programs begin?

- A.** Yes, programs will be offered online during the phased return and in the future. However, the number and types of programs that will continue online have not yet been finalized. Please continue to check the website and Program Guide for updates and current schedules.

Q. Will food or drinks be provided or permitted at Wellness House?

- A.** Food and drink will not be provided or permitted at Wellness House, as participants must wear a mask at all times. Participants are welcome to bring a personal water bottle, and we ask that you only remove your mask to take a drink when in a private space away from others.