



Welcome to Rancho La Puerta Wellness Resort & Spa Guest Self-Assessment Wellness Questionnaire

The safety and wellbeing of guests and employees is Rancho La Puerta's top priority. We ask for your assistance and cooperation in implementing our health and safety measures. Please take a few minutes to review the following pre-arrival health assessment for yourself and everyone traveling with you to The Ranch.

At The Ranch, you can relax and unwind, knowing that we have taken care of all the details. We have updated our stringent wellness policies to include the Center for Disease Control's COVID-19 protocol and the Mexican government's safety policy. The Ranch has also worked closely with a team of medical professionals to provide guests with an experience that goes above and beyond mandatory health requirements. Just as importantly, due to many uncertainties surrounding COVID-19, we ask all guests to take our pre-arrival health assessment and follow our health protocols.

Please review the following information now, and on the day of your scheduled arrival. If you have any concerns or questions, please call us to discuss your situation. We keep all health information confidential. If you cannot come to Rancho La Puerta due to health symptoms or potential exposure to COVID-19, we will work with you to change your reservation.

We look forward to welcoming you to The Ranch soon.

Please ask the following questions of yourself and any guest(s) you plan to travel with:

1. Is your temperature at or above 99.5°F?

For the staff and other guests' safety and wellbeing, if you have a temperature of 99.5° F, we regret that we cannot welcome you to our property. Please contact us to change or cancel your reservation. Should your temperature be 99.5°F at the airport or border, we will help you make alternative plans.

2. Have you had a cough or any shortness of breath in the last 24-hours?

If the answer to this question is yes, then this is an indication of a possible COVID-19 symptom. Please contact a physician to help you determine if you are at risk. We also require that you call us to discuss your situation and assess whether it is safe for you to stay at Rancho La Puerta.

3. Have you experienced two (2) or more of the following symptoms in the last 24-hours?

Symptoms: Fever, Chills, Repeated Shaking with Chills, Muscle Pain, Headache, Sore Throat, New Loss of Taste or Smell, Vomiting, Diarrhea, Fatigue, Unexplained Rash on Body, or Runny Nose/Congestion

If your answer is yes, then this is an indication of possible symptoms of COVID-19. We suggest that you contact a physician to help you determine if you are at risk. We also require that you call us to discuss your situation and assess whether it is safe for you to stay at Rancho La Puerta.

4. In the last 14-days, do either of the following apply to you: (a) you live with someone who has COVID-19, or (b) you have had close contact (within 6-feet) with someone who has been diagnosed with COVID-19.

If you answered yes to either question, then this is an indication of possible exposure to COVID-19. We suggest that you contact a physician to help you determine if you are at risk. We also require that you call us to discuss your situation and assess whether it is safe for you to stay at Rancho La Puerta.

Thank you for reviewing our pre-arrival health assessment. Your cooperation is appreciated and will help us provide our community with a healthful and relaxing Ranch stay.

Additional Resource:

[Centers for Disease Control & Prevention \(CDC\) Self-Check Health Assessment](#)