

December 4, 2020

# MEMO

## COVID-19 Updates

### Revised Quarantine Protocol:

As many of you may have heard or read, the Centers for Disease Control (CDC) updated their guidance concerning the quarantine period on Wednesday, December 2<sup>nd</sup>, 2020. What is different with this recommendation is that the CDC has now accumulated enough data to associate a risk factor for each new recommendation. The recommendation reads as follows:

- Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.
  - With this strategy, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%.
- *When diagnostic testing resources are sufficient and available...* then quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7.
  - With this strategy, the residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of about 12%.

After stopping quarantine, people should watch for symptoms until 14 days after exposure. Always wear a mask, stay at least 6 feet from others, practice excellent hand washing, and avoid crowds.

**What the above CDC recommendation shows is that Bayview's current quarantine protocol for residents is now outdated.**

As a result, the Executive team collectively decided it was time for Bayview to update the quarantine process. We realized our process was much less restrictive (*14 day quarantine without a test and a 3 day quarantine with a negative test*) than the CDC guidance, and given the current infection rates in King County, the Executive team feels the time is right to tighten our belts a little more to ensure our community remains free from COVID-19. **Our new process will now reflect the current CDC recommendations and are effective immediately:**

### **If a resident from Independent Living:**

- Leaves the State and returns
- Goes to the hospital overnight
- Goes to the emergency room for an acute medical episode or as an escort
- Is potentially exposed within 14-days to someone who later tests positive for COVID-19
- Attends a large gathering of five (5) or more non-household people
- Stays overnight outside of Bayview

**You will be required to:**

- **Quarantine for 10-days in a non-test-based strategy (best practice) OR**
- **Quarantine for 7-days in a test-based strategy, where testing occurs on day five (5) of the quarantine.**

In all cases, Universal Source Control, proper infection control hygiene, and proper social distancing must be maintained after the quarantine process ends.

**Quarantine protocols for Residents on Assisted Living & Memory Care and the Health Center (skilled nursing) remain the same:** the quarantine policy is a full 14-day incubation period in accordance with the Department of Social and Health Services regulations.

**Vaccinations:**

In early November, Bayview enrolled with CVS for COVID-19 vaccinations. On Wednesday, December 2<sup>nd</sup>, 2020 Bayview was contacted by CVS to begin the vaccination planning process. It is still too early to specifically determine when vaccinations will be available, or what the schedule for vaccination distribution will be. Early reports show CVS may initiate the first stage of vaccinations in late December. Again, the time frame is still not clearly defined.

When the Executive team learns more specifics of the COV-19 vaccination, it will be immediately communicated with everyone via memos, letters, and social media.

Thank you so much for your incredible diligence in keeping the community safe. Please reach out with any questions.

Sincerely,  
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