

Isolation & Quarantine Guidelines

Effective August 31, 2020; Updated October 26, 2020

Isolation:

- Definition: Isolation keeps people who are already sick and infected with a contagious illness away from those who are not infected to keep the disease from spreading
- Orchard Ridge Isolation Guidelines:
 - Residents who have the COVID-19 virus are required to self-isolate in their apartment or cottage
 - Residents who tested positive and never developed symptoms can return to personal activity after 10 days
 - Residents who tested positive with mild to moderate symptoms can return to personal activity if:
 - At least 10 days have passed since symptom onset **and**
 - At least 24 hours have passed since resolution of fever without the use of fever-reducing medications **and**
 - Other symptoms have improved
 - During isolation, residents **are not to come out of their apartment or cottage**; meal and mail delivery, as well as garbage removal will be coordinated through the various departments that provide these services; detailed information about how to access these services will be provided to the resident at the beginning of the isolation period
 - Transportation Services of Orchard Ridge will not provide any transports to residents in isolation; if there is a medical emergency during the isolation period and need for a transport, an outside transportation service must be used
 - Caregiver agencies are permitted to provide services for residents in isolation using proper personal protective equipment (PPE)
 - Team members will only enter apartments or cottages for emergency-related services while resident is in isolation; proper PPE required
 - Family members are permitted entry into an apartment or cottage during resident isolation only in end-of-life situations or in rare occasions when deemed medically necessary by the Care Coordination Team; proper PPE required
 - Walking or outdoor activity is not permitted
 - Following CDC guidelines, spouses, partners or housemates of residents who are on isolation are required to remain in their apartment or cottage for the 10-day isolation period of the isolated resident, and then either for an additional 14-day quarantine period (if the uninfected resident did not contract the virus), or for an additional 10 days from the onset of symptoms (if the resident did contract the virus)

Quarantine:

- Definition: Quarantine separates and limits movement of people who may have or have been exposed to the disease to see if they become ill; this can help prevent the spread of illness from people with COVID-19 before they feel ill or have symptoms

- Orchard Ridge Quarantine Guidelines:

- Residents will be required to quarantine for the following reasons:
 - Spouse/partner/housemate in the same apartment or cottage is on isolation or quarantine
 - Winchester Medical Center, any hospital, urgent care facilities and emergency room visits or stays
 - Post travel internationally and for all domestic travel by air, bus, rail or water
 - Post travel to an area classified as red on the CMS Positivity Rates by County Chart
- Quarantine will last for 14 days and will be calculated from the last contact date with the potential virus; residents in quarantine should stay home, separate themselves from others, monitor their health and follow Orchard Ridge quarantine guidelines
- During quarantine, residents **are not to come out of their apartment or cottage**; meal and mail delivery, as well as garbage removal will be coordinated through the various departments that provide these services; detailed information about how to access these services will be provided to the resident at the beginning of the isolation period
 - Orchard Ridge Transportation Services might be able to provide a non-emergency medically necessary transport, however, whether a transport occurs remains at the sole discretion of Transportation Services, and residents participating in a transport while on quarantine will need to follow additional precautionary measures as directed by the driver
 - Caregiver agencies are permitted to provide services for residents in isolation using proper personal protective equipment (PPE)
 - Team members will only enter apartments or cottages for emergency- related services while resident is in isolation; proper PPE required
 - Family members are permitted entry into an apartment or cottage during resident quarantine only in end-of-life situations or in rare occasions when deemed medically necessary by the Care Coordination Team; proper PPE required
 - Walking or outdoor activity is not permitted