



PATH FORWARD

Travel Quarantine Guidelines

Effective October 8, 2020

As we continue to mitigate risks, sharing responsibility for the decisions we make, we implement the use of the **CMS Positivity Rates by County Chart** and the **COVID-19 Travel Risk Assessment Tool**. These tools will be used in the process of determining the need for the traveler to quarantine.

As a continued standard practice, residents, please notify Concierge of your travel plans as the community continues to monitor when residents are away from the community. Team members communicate directly with coaches.

Note: Automatic quarantine required for all international travel and all domestic travel by air, bus, rail or water.

Process (for domestic travel by car):

1. View the CMS Positivity Rates by County Chart
 - a. Links to this chart can be found on the computers in the Resident Business Center and Main Library as well as on the employee computers in the Learning Lounge
 - b. You may also view this chart on your own by completing the following steps:
 - i. Go to this website <https://data.cms.gov/stories/s/COVID-19-Nursing-Home-Data/bkwz-xpvg/>
 - ii. Scroll down to the “COVID-19 Testing” heading
 - iii. Click on the 2nd blue “here” (A spreadsheet will automatically download)
 - iv. Open the download titled “Test_Positivity_Rates”
 - v. View the spreadsheet to get the positivity rate of any county/state and the classification color of either green, yellow or red
2. Check the color of the county in the state of your destination
 - a. If location **upon return** from travel is red (10% or more positivity rate), automatic quarantine
 - b. If location **upon return** from travel is yellow (5-10% positivity rate), or green (less than 5% positivity rate), use the COVID-19 Travel Risk Assessment Tool
3. Complete a “Travel Communication Form” and return to Concierge or coach
4. Communicate with Concierge or coach upon your return to update the form and provide your quarantine decision if the county was yellow or green upon your return

For assistance:

- Resident contact: Concierge 540-431-2800
- Team member contact: Department Coach

Medical: The process and tools outlined above are not used to determine quarantine needs based on travel related to medical needs. Residents need to quarantine for visits or stays at Winchester Medical Center, any hospital, urgent care facility or emergency room, per established protocol.

There is significant responsibility on each of us to consider how our behaviors impact our neighbors. During the continued COVID crisis and flu season, we must stay committed to practicing the 3 W's: wearing of masks, watching our distance (at least 6 feet) and washing/sanitizing hands.

“Integrity, the choice between what’s convenient and what’s right.” –Tony Dungy