

COVID Travel Guidelines

Updated 4/14/21



The CDC has updated guidelines for travelers.

COVID testing and self-quarantine are no longer required for fully vaccinated individuals. Saint

John's has adopted these guidelines for staff,

visitors and all residents. For more details, please go to

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>.

Note: all risks associated with travel can be mitigated by being fully vaccinated. CDC recommends getting vaccinated before traveling.

Travel by car

Travel by car is the preferred method of travel as it limits the possibility of exposure to someone who is COVID+. Recommendations include:

- Limit the number of people in your vehicle to 4 people or less.
- If possible, open a window to increase ventilation.
- If all people in the car are fully vaccinated, masks are not required. If not, then all passengers should wear a mask while in the car.

Travel by bus

Travel by bus increases your risk of exposure to someone who is COVID+. You can mitigate this risk by:

- Wearing your mask at all times (avoid eating/drinking while on the bus).
- Maintaining six feet of social distance while in the bus terminal.
- Using hand sanitizer upon sitting in your seat; and then periodically during your trip.

Travel by air

Travel by air poses the greatest risk of exposure to someone who is COVID+ and should be avoided if at all possible. You can mitigate this risk by:

- Wear a mask when in public spaces; Maintain six feet of social distance from anyone who is not traveling with you; and Wash your hands frequently.
- If **unvaccinated** you may be required to get a COVID test 1 -3 days before traveling
- All **unvaccinated** residents, families and friends must self-quarantine upon their returns. Quarantine is for 7 days if a COVID test is performed on day 4-5 following return. If the test result is negative, quarantine ends on day 8. If a COVID test is not performed, then 10 days of quarantine is required.

Note: Unvaccinated essential caregivers at Saint John's may return to work following travel by air. They must wear an N/KN 95 mask for a minimum of 7 days if a COVID test is performed on day 4 – 5 and the result is negative. If no COVID test is performed, then an N/KN 95 mask must be worn for 10 days. If symptoms of COVID develop at any time, the employee must quarantine at home until symptoms resolve.

Below are several changes in our guidelines related to COVID-19 that impact residents at Saint John's. We have been able to make these adjustments as a result of our vaccination rates and our overall success in managing care and services during the COVID Pandemic.

Effective April 14th - what has changed:

- Travel by air guidelines have been updated to be consistent with new CDC guidelines (as noted on p.1).
- No need to quarantine if exposed to someone who is COVID+
- Group size has increased to 50% capacity of the space in which a group is meeting as long as the participants can maintain a social distance of 3 feet.
- During large group gatherings (more than 10 people), led by Saint John's staff where residents remain in one location for the duration of the event, residents will maintain a social distance of 3 feet and masks may be removed (example: chair aerobics). Once residents leave their location, a mask must be worn.
- In small groups of 10 or less people, fully vaccinated individuals may gather to socialize while maintaining a social distance of 3 feet without wearing a face covering.
- Food and beverages are not allowed at group gatherings, regardless of group size.
- Residents may remove their masks while dining in-person in the Bistro.
- Fully vaccinated residents may dine in the Bistro without social distancing.
Note: Employees will continue to take their meal breaks in their Employee Break Room on the Lower Level.
- Elevators will be available for use at normal capacity – limitation of 2 passengers per car has been lifted.

What has not changed:

- When in **Saint John's public spaces** and/or in groups of any size where resident movement occurs except as outlined below:
 - Wear a face mask, maintain a social distance of 3 feet, wash your hands
- LifeStreams and Fitness Class:
 - no sign-ups for any space; must check in at ST desk immediately before fitness classes, pool use, or gym use
 - **ST CAC (classes)** – 22 people max, masks worn to/from your spot in class then can take off during class
 - **Fitness gym** – limited to 7 people at any one time, masks must be worn at all times in the gym. Personal trainers are allowed and must coordinate with fitness staff. No other guests are allowed in the Fitness gym.
 - **Pool (lap/exercise)** – 3 people max per lane, masks worn to/from water entry
 - **Pool (aqua classes)** – 8 people max total, masks worn to/from water entry
 - **Pool (hot tub)** – 3 people max at a time, masks worn to/from water entry
 - **Pool (locker rooms)** – limited to 2 people at any one time; may use bathroom and walk through even if the locker room is at capacity.
- In-apartment visits are limited to 2 people per day. Visitors must remain in the apartment for the duration of the visit. Visitors may not pick-up carryout orders from The Bistro & Taylor's.