



July 24, 2020

Message to Duncaster Residents and Families

Michael A. O'Brien, President and CEO

### **COVID-19 Testing**

In the last month, we have tested all Assisted Living residents (Dogwood) once, all Caleb Hitchcock Health Center skilled nursing residents twice and all Duncaster employees twice. Thankfully, all tests have been negative. Our attention to proactive infection-control procedures continues to result in positive outcomes. As one of the most powerful tools we have to mitigate the spread of the disease, testing will continue to be an important strategy and we will follow state guidelines as well as our own proactive measures.

### **Independent Resident Testing**

We will be conducting a second round of Independent Resident testing on **Monday, July 27<sup>th</sup> between 10:00am-12:30pm**. The test kits will be obtained from Hartford HealthCare and our nursing staff will administer the test. The same process as before will be followed where staff will come to each apartment to perform the test. Detailed information will be provided to you in a separate mailing. If you have any questions regarding the testing, please call Ami Desai at X2399.

### **Connecticut Travel Advisory Update**

Pursuant to Governor Lamont's **Executive Order No. 7III**, anyone traveling into Connecticut from a state that has a new daily positive test rate higher than 10 per 100,000 residents or a state with a 10% or higher positivity rate over a 7-day rolling average is directed to self-quarantine for a 14-day period from the time of last contact within the identified state. **In addition, anyone entering from one of the identified states must fill out a travel health form upon arrival. Travelers can fill out the form online at [ct.gov/travelform](https://ct.gov/travelform).**

As of July 21, 2020 there are a total of 31 states that meet the criteria and are included in Connecticut's travel advisory. They are:

**Alaska, Alabama, Arkansas, Arizona, California, Delaware, Florida, Georgia, Iowa, Idaho, Indiana, Kansas, Louisiana, Maryland, Missouri, Mississippi, Montana, North Carolina, North Dakota, Nebraska, New Mexico, Nevada, Ohio, Oklahoma, South Carolina, Tennessee, Texas, Utah, Virginia, Washington, Wisconsin.**

This list is updated on a regular basis as the situation develops across the country and can be found at:

<https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Travel-In-or-Out-of-CT>.

This travel advisory applies to all travelers whose travel originates from the impacted states, and also applies to Connecticut residents who are returning from a visit to the impacted states. Quarantine does not apply to travelers who only have a layover in an impacted state.

Due to the risk of contracting infection, and because of the need to self-quarantine on return, Duncaster residents and staff are urged to avoid non-essential travel particularly to the impacted states whenever possible. All Duncaster residents and employees that travel to one or more of the above listed states will be asked to self-quarantine for 14 days. The following key points are important to understand.

**Who does the advisory apply to?** The requirement to self-quarantine and complete the Travel Health Form is applicable to any traveler who has spent twenty-four (24) hours or longer in an affected state within fourteen (14) days prior to arriving in Connecticut but does not include an individual remaining in Connecticut for less than twenty-four (24) hours. These requirements are also applicable to Connecticut residents who are returning from a visit to an affected state.

**What does self-quarantine mean?** A self-quarantine is used to keep someone who might have been exposed to COVID-19 away from others. The self-quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. Those in self-quarantine should stay home, separate themselves from others and monitor their health.

**Can travelers be tested for COVID-19 instead of self-quarantine?** Only travelers who are *unable* to quarantine for the required fourteen (14) day period should consider a testing alternative. Those travelers are required to have had a negative test result for COVID-19 viral test (not an antibody test) in the seventy-two (72) hours prior to arriving in Connecticut. If a test was obtained in the seventy-two (72) hours prior to travel but the result is still pending at the time of arrival in Connecticut, such travelers shall remain in self-quarantine in Connecticut until the test result is received. A negative test result for COVID-19 shall eliminate the need for further quarantine. If the test result is positive and the traveler is asymptomatic, the traveler shall self-isolate for ten (10) days from the date of the test; if symptomatic, they should seek medical assistance. Travelers who test positive for COVID-19 prior to traveling to Connecticut should delay such travel and consult with a medical professional.

It goes without saying that everyone needs to remain careful and manage your risk to ensure the health, safety and wellbeing of all who live and work at Duncaster. I would urge all residents to have ongoing conversations with their families regarding risk and infection control measures. As a community of over 750 individuals we have a collective and personal responsibility to keep the virus out of Duncaster.

Be well. Be safe.