



July 31, 2020

Message to Duncaster Residents and Families

Michael A. O'Brien, President and CEO

Testing

I am pleased to report that all Independent Living residents tested on Monday, July 27th have tested negative and the entire Duncaster community remains COVID-free. The only disappointing side note to this wonderful news is the time it took to get the test results. While the goal of accurate and rapid-results testing is laudable it is not without challenges as labs in Connecticut as well as around the country are having real challenges in managing the volume in a timely fashion. I can report that Duncaster and our colleagues across the state continue to put pressure on the Department of Public Health to enhance the testing and lab capacity and improve turnaround time for test results.

Connecticut Travel Advisory Update

As of July 31st there are now a total of 36 states that now meet the criteria and are included in Connecticut's travel advisory. They are:

Alaska, Alabama, Arkansas, Arizona, California, Delaware, Florida, Georgia, Iowa, Idaho, Illinois, Indiana, Kansas, Kentucky, Louisiana, Maryland, Minnesota, Missouri, Mississippi, Montana, North Carolina, North Dakota, Nebraska, New Mexico, Nevada, Ohio, Oklahoma, Puerto Rico, South Carolina, Tennessee, Texas, Utah, Virginia, Washington, Washington D.C., 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>.

For anyone traveling into Connecticut from these states they are directed to self-quarantine for a 14-day period from the time of last contact within the identified state. 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. (See Frequently Asked Questions below).

Due to the risk of contracting infection, and because of the need to self-quarantine upon return, Duncaster residents and staff are urged to avoid non-essential travel particularly to the impacted states whenever possible. As a reminder, all Duncaster residents, employees and visitors that travel to or from one or more of the above listed states will be asked to self-quarantine in Connecticut for 14 days. A negative test result for

COVID-19 in the 72 hours prior to arriving in Connecticut is not sufficient protection for our community, and therefore is not an alternative option.

Community Responsibility

I could not be prouder of our community (residents, staff and families), and your adherence to our safety guidelines as we remain COVID-free. Our results tell a positive story and as a community we have accepted that our personal choices and willingness to be compliant is our best opportunity to successfully fight the virus. Unfortunately there are spikes throughout the country and despite our continued good results we cannot let our guard down. I know how frustrating this is for all of us; however, I need to remind everyone to take seriously the requirement that you wear masks in public, wash your hands and maintain social distancing. Let's continue to be Duncaster strong, stay focused, follow all appropriate precautionary guidelines and minimize risk.

Be well. Be safe.

Frequently Asked Questions about Connecticut's Travel Policies

- 1. How is this going to be enforced?** Failure to self-quarantine or complete the Travel Health Form may result in a civil penalty of \$1,000 for each violation.
- 2. How are the affected states chosen?** The advisory applies to any person arriving from a state with a daily positive test rate higher than 10 per 100,000 residents over a 7-day rolling average or a state with a 10 percent or higher test positivity rate for COVID-19 tests over a 7-day rolling average. The list of states is fluid and will be updated weekly onto this website.
- 3. 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.
- 4. 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.
- 5. Are there any exemptions for essential travel?** Yes. Workers traveling from affected states to Connecticut who work in critical infrastructure **as designated by the Cybersecurity and Infrastructure Security Agency**, including students in exempt health care professions, are exempted from the self-quarantine requirement when such travel is related to their work in Connecticut. This includes any state, local, and federal officials and employees traveling in their official capacities on government business. If a worker was in an affected state for a reason other than Connecticut-related work (e.g., vacation), that worker must self-quarantine and complete the Travel Health Form.

- 6. How long is the self-quarantine?** The advisory requires visitors to Connecticut from affected states to self-quarantine for a period of fourteen (14) days from the time they were last in the affected state. If you board a plane in an affected state today, and land in Connecticut today, your 14 days begins today. If you are in Connecticut for a period less than 14 days, you should plan to be in self-quarantine throughout your visit.
- 7. If I am coming to Connecticut to a hotel or bed and breakfast, can I do the quarantine there?** Yes. Travelers are required to self-quarantine at their home, or a hotel or other temporary lodging. Connecticut, New York, and New Jersey are all asking hotels to communicate the 14-day self-quarantine requirements to guests who have traveled from one of the affected states.
- 8. Does the self-quarantine requirement also extend to passengers flying to Connecticut on connecting flights that stop in high infection states before arriving in Connecticut?** No. The requirement to self-quarantine does not apply to travelers who have a layover in an affected state.
- 9. If I live in Connecticut and have a household member or guest returning from an affected state, do I and other household members who have not traveled to an affected state also need to self-quarantine?** Out-of-state visitors from affected states are encouraged to postpone travel. If it is not possible to delay travel, visitors are encouraged to self-quarantine in the home they are returning to in Connecticut. If it is not possible to self-quarantine from other household members, those other household members who did not travel from an affected state are not required to self-quarantine.
- 10. Can travelers be tested for COVID-19 instead of self-quarantine?** If a traveler is unable to self-quarantine for the required fourteen (14) day period, the self-quarantine requirement will not apply provided that the traveler has (1) had a negative test result for COVID-19 in the seventy-two (72) hours prior to arriving in Connecticut and (2) provided written proof of such test result to the Commissioner of Public Health via email to: DPH.COVID-Travel@ct.gov or via facsimile to: (860) 326-0529. 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 traveler shall remain in self-quarantine in Connecticut until the test result is received and, if such test result is negative, the result is submitted to the Commissioner of Public Health. If the test result is positive and the traveler is asymptomatic, he or she shall self-isolate for ten (10) days from the date of the test; if symptomatic, he or she 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.
- 11. Should non-essential travel to affected states be avoided?** Yes. Because of the risk of contracting infection, and because of the need to self-quarantine on return,

Connecticut residents are urged to avoid travel to the affected states whenever possible.

- 12. If I know someone has traveled to Connecticut from an affected state and is in violation of the self-quarantine rule, is there a channel for reporting this?** Anyone wanting to report any violations of the self-quarantine order can either call 211 or email covid19.dph@ct.gov
- 13. If I get fined, is there any way I can dispute or appeal the fine?** Any person who receives a notice of civil penalty may, within five (5) business days of the date of the notice of civil penalty, request a hearing before the Commissioner of Public Health to contest the penalty. Such hearing, if requested, will be held within fifteen (15) business days of the Commissioner of Public Health's receipt of the request.