

Holiday Gatherings and Visiting Guidelines for Adult Residential Facilities:

There has been much discussion regarding residents getting together with their families over the holidays and I wanted to provide some clarification on VMRC's recommendations. I am attaching the guidelines written by our Clinical Director, Claire Lazaro, that are highly recommended for family visits and holiday gatherings. I've also attached the DDS guidelines for the isolation protocol.

If a visit with the consumer's family occurs away from the care home and is not supervised by care home staff, then it is highly recommended that the consumer complete a 14 day quarantine upon return to the care home.

- When a consumer, living in congregate setting, is visiting friends or family members in their homes or other places for a few hours to days, VMRC is highly recommending that consumers will do 14-day isolation upon return to the care home. Please refer to isolation guide with title "DDS Expectations for Consumers Coming back from Hospital or ER or Other placements."

Guidelines for Children's Residential Facilities are different than those for ARFs.

From PIN 20-12-CRP and ACIN No 1-50-20:

Exposure means being within six feet for 10-30 minutes or more with someone who has been diagnosed positive for COVID-19 during their period of infectiousness, starting from 48 hours before developing symptoms until time of diagnosis and isolation.

A child/youth who leaves a home or facility with or without permission without a known exposure to COVID-19 does not meet the above definition of exposure and is not subject to quarantine. Any child/youth, household member, caregiver or staff member, who leaves the home or facility for any reason has a risk of exposure to COVID-19.

- Isolation means avoiding contact with others by staying in a separate bedroom when an individual has symptoms of, or tests positive for COVID-19.
- Quarantine means separating an exposed individual from those not exposed and from those who are ill for a period of 14 days. Quarantine protocols are recommended when an individual has been exposed, as defined above, to an infectious person and therefore may become infected.

CDPH does not recommend quarantine for a child/youth who is initially placed in a home or facility, or who leaves the home or facility with or without permission unless there is a known exposure.