



MEMO

TO: Residential Living Residents

FROM: Katie Buck, Administrator of Residential Living

RE: Recent Center for Disease Control (CDC) Updates

DATE: April 29, 2021

We are pleased to share the following updates from the CDC regarding mask wearing, social distancing, travel, COVID-19 testing, and quarantining:

No Mask Required/No Social Distancing Required if you are **fully vaccinated** when:

- visiting with other fully vaccinated people indoors, in your private homes
- visiting with unvaccinated people (including children) from a **single** household who are at **low** risk for severe COVID-19 disease indoors
- participating in outdoor activities and recreation, **except** in certain crowded settings and venues

For now, **fully vaccinated** people should continue to **wear a mask** when:

- in indoor **public** settings
 - Examples: StoneCroft Commons, Garrett Community Center
- with unvaccinated people who are at increased risk for severe COVID-19 disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease
- when visiting indoors with unvaccinated people from **multiple** households

Travel guidance for **fully vaccinated** people:

- Resume domestic travel and refrain from testing before or after travel or self-quarantine after travel
- Refrain from testing before leaving the United States for international travel (unless required by the destination) and refrain from self-quarantine after arriving back in the United States

COVID-19 testing requirements and quarantine requirements for **fully vaccinated** people:

- Refrain from testing following a known exposure, if asymptomatic, with some exceptions for specific settings
- Refrain from quarantine following a known exposure if asymptomatic

- Refrain from routine screening testing if asymptomatic and feasible

Helpful guidance for everyone:

- Avoid indoor large-sized in-person gatherings
- Get tested if experiencing COVID-19 symptoms

People are considered fully vaccinated for COVID-19 two weeks after they have received the second dose in a 2-dose series (Pfizer or Moderna), or two weeks after they have received a single-dose vaccine (Johnson and Johnson/Janssen). If you have been vaccinated somewhere other than Tel Hai, please notify a member of the Residential Living team.

If you are not vaccinated, please wear a mask at **all times** when in the presence of others and practice social distancing, except when outdoors with members of your household or while participating in a small outdoor gathering with fully vaccinated family and friends.

If you would like to receive a vaccine, please go to the Tel Hai website www.telhai.org and click on the COVID-19 tab to register for our next clinic on Thursday, May 6. The Moderna vaccine will be administered by Stauffer's Pharmacy; registration required.