

MTB POLICY FOR SELF-QUARANTINE: Update

As of June 1st, 2021, Maria Teresa's Babies Early Enrichment Center's Covid-prevention policy that required a 14-day quarantine period for enrolled families has changed; the guidelines are for unvaccinated adults in direct contact with children. Adults means parents, grandparents, relatives, caretakers, or any adult that has direct contact with children in our care

REQUIREMENTS FOR SELF-QUARANTINE, TESTING, AND TRAVEL

New provisions include incorporation of modified DC Health guidance regarding self-quarantine, testing, and travel and provisions for fully vaccinated individuals.

1. Mayor's Order 2020-110 (November 6, 2020) relating to travel, quarantines, and testing may be modified by DC Health prior to the issuance of a subsequent Order.
2. Until such time as guidance modifies the quarantine and testing rules, visitors to the District from high-risk states, and residents returning from travel to high-risk states outside the District-Maryland-Virginia region are required to limit activity to performing essential activities until after receiving a negative COVID-19 test, three (3) to five (5) days after arrival, under the conditions set forth in Mayor's Order 2020-110 and DC Health guidance. **We are following CDC guidelines to quarantine for seven days even if test is negative or quarantine for ten days if not tested.**
3. Individuals who are fully vaccinated are not required to self-quarantine or test if their travel occurs within ninety (90) days following their last dose of the vaccine.

We are following the CDC guidelines for travel which is the following

- Get tested 3-5 days after your trip and stay home and self-quarantine for a full 7 days after travel, even if your test is negative. If you don't get tested, stay home and self-quarantine for 10 days after travel.

Further, if exposed to someone with the coronavirus, fully vaccinated persons are no longer required to self-quarantine, unless they personally show symptoms of COVID-19. Individuals are considered fully vaccinated fourteen (14) days after they receive their final vaccine dose.

[Phase Two | coronavirus \(dc.gov\)](#)

We have also included updates below:

This applies to families that have:

- travelled to outside the DMV area
- had direct physical contact with / had exposure to persons who were Covid-19 positive at the time of your interaction

- **out of town guests from outside the DMV area staying at the residence with your family. This is particularly important with the holiday season approaching (Easter)**

What this means for you if you have travelled in the past 14 days

Due to the center's proximity to the District of Columbia, we are using its guidance in addition to that of the state of Virginia and the CDC to ensure that we take a comprehensive approach to protecting our students and staff from possible Covid-19 infection.

If any family member residing in the same household as the children who are currently enrolled at MTB has traveled outside the DMV area the children will not be able to attend the center because the traveler(s) are required to limit activity to performing essential activities until after receiving a negative COVID-19 test, three (3) to five (5) days after arrival. This is a requirement even if the children themselves have not traveled and quarantine for 7 days even if the test is negative or quarantine for ten days if not tested based on CDC recommendations.

1. Any countries deemed Level 3 high risk by the CDC <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>
<https://coronavirus.dc.gov/phasetwo> as of November 6th, 2020
2. Since there is no high-risk list and the CDC is recommending to limit travel, this pertains to any travel by train, automobile, or plane to anywhere outside the DMV.

What you need to know

Travel increases your chance of spreading and getting COVID-19. Delay travel and stay home to protect yourself and others from COVID-19, even if you are vaccinated.

If you **must** travel, take steps to protect yourself and others:

- If you are eligible, get fully vaccinated for COVID-19.
- Before you travel, get tested with a viral test 1-3 days before your trip.
- Wear a mask over your nose and mouth when in public.
- Avoid crowds and stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who did not travel with you.
- Get tested 3-5 days after your trip and stay home and self-quarantine for a full 7 days after travel, even if your test is negative. If you don't get tested, stay home and self-quarantine for 10 days after travel.
- Follow all [state and local](#) recommendations or requirements after travel.

[Travel During COVID-19 | CDC](#)

3. Any countries deemed Level 3 high risk by the CDC <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>

4. **Note that we cannot find high-risk locations that the DC website refers to, therefore, we are taking the CDC recommendations based on travel. In our case it would be for any travel outside the DMV area, this might change and we will be updating as new guidance is released.**

We encourage you to get tested for Covid-19 if you are returning from travel to ensure that you are not asymptomatic positive. If you test negative 3-5 days after your trip you must still self-quarantine for 7-days, this includes your family and children that did not travel. There are many uncertainties with the virus and there is a possibility of false negative results within the quarantine period hence the added precautions.

We are doing this for the safety of the children, staff, and parents. We realize that this policy will be difficult for us to enforce so we are relying on the honor system. If a teacher, child, or parent test positive for Covid-19, the Virginia Department of Health mandates that we participate in contact tracing. We will follow their recommendations, which may include closing the center for 14 days from the last traced contact.

What this means for you if you have had direct physical contact with / had exposure to person who were Covid-19 positive at the time of your interaction

If any family member residing in the same household as the children who are currently enrolled at MTB have knowingly been exposed to persons who were Covid-19 positive at the time of interaction, the children will not be able to attend the center until 14 days after last exposure. This is a requirement even if the children themselves have not been around those persons directly.

Please use your best judgement when travelling and interacting with others. Know that the staff of MTB are also committed to limiting their activities by staying at home as much as possible except for coming to work at the center and doing essential activities in a safe manner according to CDC guidelines. All staff are now fully vaccinated. However, we are still following CDC guidelines for fully vaccinated individuals and wearing a mask until more data is available that transmission is unlikely when fully vaccinated.

IMPORTANT UPDATE:

The above guidelines are for unvaccinated Adults that are in direct contact with the children in care. Fully vaccinated adults (14 days after the second dose of two dose vaccines or 14 days after one dose vaccines) do not need to get tested or quarantine.

Summary:

If you travel to any place outside the DMV area by any means, you are required to take the COVID test within 3 to 5 days and if you test negative you may return to the Center after a 7-day quarantine.

If you do not get tested, you will be required to quarantine for 10 days before returning to the Center.

If you have been fully vaccinated, we are following the CDC guidelines for travel which are the same as nonvaccinated people for now, as more data becomes available, this will most likely change.

We believe these guidelines has helped lower the risk at the center tremendously.

Thank you for your understanding and continued cooperation.