

## MTB POLICY FOR SELF-QUARANTINE: Update

# REQUIREMENTS FOR SELF-QUARANTINE, TESTING, AND TRAVEL

**New provisions include incorporation of modified VA Health guidance regarding self-quarantine, testing, and travel and provisions for fully vaccinated individuals. These links are updated daily, and we will follow most of the recommendations. See summary for MTB only guidelines**

[What to do if you have confirmed or suspected coronavirus disease \(COVID-19\)? – Coronavirus \(virginia.gov\)](#)

[VDH D/C I&Q English 9.14.2021 \(virginia.gov\)](#)

[Interim Public Health Recommendations for Fully Vaccinated People | CDC](#)

[Appendices | CDC](#)

[Travel | CDC](#)

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

**IMPORTANT UPDATE: Unvaccinated Adults that are in direct contact with the children in care that travel will need to quarantine for 14 days and test negative before returning to the Center. Fully vaccinated adults (14 days after the second dose of a two-dose vaccine or 14 days after a one dose vaccine) do not need to get tested or quarantine unless symptoms are present.**

Summary:

1. If you travel to any place outside the DMV area by any means and are unvaccinated, you are required to take the COVID test within 3 to 5 days of returning and if you test negative you may return to the Center after a 7-day quarantine.
2. If you do not get tested, have no symptoms and are unvaccinated, you will be required to quarantine for 14 days before returning to the Center.
3. If you have been fully vaccinated, we are following the CDC guidelines for travel, see link above.
4. MTB Guidelines for exposure is a 14-day quarantine from day of exposure and a negative Covid test is necessary to return. All staff are fully vaccinated, however, if a breakthrough infection happens and a teacher or a child has a positive test for Covid, the Center will close for 14 days from the last day of attendance at the Center. This means that if a teacher or a child was at the Center on a Monday and did not attend the rest of the week, the test could have been done on a Tuesday or Wednesday; the 14 days are from Monday, the last day of attendance. If a parent tests positive for Covid, the quarantine is 14 days for the family from the date of the test.

These guidelines have helped lower the risk at our center tremendously.

**Thank you for your understanding and continued cooperation.**