

## ARBORS OF HOP BROOK

### Masking Guidelines Updated for Residents, Staff & Visitors Effective 8/15/22

Arbors continues to adapt to evolving COVID-19 guidance. Recently, the CDC updated the county transmission/positivity guidelines. With this change, Arbors (Hartford County) is now listed as “Low risk”; allowing us to relax masking guidelines in most situations. These new guidelines are meant to give flexibility to residents, to fully vaccinated visitors, and to fully vaccinated non-health care staff. Note, per the Connecticut Department of Public Health, the new relaxed masking guidelines **do not apply** when health care services are being provided. Here's what you need to know:

When the County and community are at Low levels of COVID (as they are now):

-Any person (staff, resident, or visitor) **not fully vaccinated and boosted** against COVID-19 will still need to **wear a mask** in common areas and when with others.

**-Masks are optional** for fully vaccinated **residents** in common areas, when interacting with other residents, and when interacting with non-health care staff. Residents should maintain 6 feet of social distance from staff, if the resident is not masked. **Residents receiving health care services must wear a mask when receiving health care services, unless** the procedures or services being provided require the removal of such mask, or when the resident is unable to tolerate masking due to clinical status.

-Aides, nurses, home health aides, physical therapy, speech therapy, occupational therapy or other medical services must wear a mask when providing care.

-Any staff person must mask upon the request of a resident if entering their apartment.

Please note, this new guidance doesn't say you can't wear a mask. It allows for individual choice, assessing your own health risk factors, as well as the virus levels in the community. Remember, low levels of COVID in the surrounding area doesn't mean you are completely safe from contracting COVID.

Some questions to consider before unmasking:

- What are my personal health risk factors? Have I consulted with my physician about masking?

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- Do I live with someone or am I in contact regularly with someone with high risk factors?
- If I get sick or if I am exposed, do I have access to testing and symptom-reducing medications?
- If I get sick or exposed, do I have the ability to quarantine by myself for 10 days.

You can find more information about this CDC update at:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

As always, these guidelines and recommendations are subject to change based on surrounding community transmission rates, outbreaks or regulations.

Thank You,

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