

Resident Guidelines

Updated March 7, 2023



If You Test Positive or Are Exposed to COVID-19

What are the Symptoms of COVID-19?

Fever, chills, cough, shortness of breath/difficulty breathing, fatigue, sore throat, congestion, runny nose, nausea or vomiting, headache, new loss of smell or taste, diarrhea.

Allergy, cold and flu symptoms are very similar to the symptoms of COVID-19. If you develop any symptoms, you should take a rapid test or call the Clinic.

If You Develop Symptoms:

- Quarantine in your home until you have taken a rapid test or PCR test.
- Take an at-home rapid test if you have one, or contact the Clinic to be tested.
- Wear a mask until your symptoms clear, even if you test negative.

If You Test Positive for COVID-19:

- Isolate in your apartment immediately and call the Clinic and inform them of your results. If you received your result from a rapid test, you may be asked to take a PCR test.
- **You must isolate for 10 days.** If asymptomatic, you may end your isolation on day 11 with no further testing. If you are still symptomatic, remain in isolation and contact the Clinic for guidance on next steps.
- Once you are required to isolate, you will receive a letter from the Clinic explaining next steps, meal delivery, mail pick up, etc.

Note: The guidelines for Goodwin Living residents are different from CDC guidelines. Our guidelines reflect living in a communal setting with others who are at higher risk.

Contact the Clinic

During normal business hours:

Call ext. 7227.

Outside normal business hours:

Dial 0 and ask to speak to the Nursing Supervisor.



Goodwin House
Bailey's Crossroads

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If You Have Been Exposed to Someone with COVID-19

All residents call the Clinic to inform them and receive guidance on next steps.

Health Care Center Residents

- You must quarantine for at least 8 days. Test with an antigen test on days 1 and 3 and a PCR test on Day 7. You may end quarantine with a negative PCR test result.

Residential Living and Assisted Living Residents

- If you were exposed to **someone in your household**, you must quarantine for up to 10 days and the Clinic will test you on day 7 or 8. You may end quarantine with a negative test result.
- If you were exposed to **someone outside of your household**, no quarantine is required, though you must wear a mask for 10 days. You will self-test on days 1, 3, 5 and 7 and report your results to the Clinic. If you become symptomatic, call the Clinic immediately.

How Do You Know If You've Been Exposed to Someone with COVID-19?

You are considered a **close contact** (exposed) to someone with COVID-19 if you have been within six feet of an individual who tested positive for at least 15 minutes over the course of 24 hours. Exposure can occur as early as two days before the person became symptomatic or tested positive.

If You are Uncertain About Your At-Home Test Results:

- Quarantine in your apartment and call the Clinic to consult with them and receive guidance on next steps. The Clinic can confirm your results with a PCR test.

Quarantine vs. Isolate:

Both terms essentially mean the same thing: you are asked to remain in your apartment and away from others.

The term "isolate" is used for those who have tested positive for COVID-19. The term "quarantine" is used for those who have been exposed to COVID-19.

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On Campus Guidelines

Mask Wearing for Residents

- **Independent Living** residents are not required to wear masks unless they are in a clinical area.
- **Assisted Living and Memory Support** residents are not required to wear masks unless they are in a clinical area.
- **Health Care Center** residents should wear a mask at all times, as able.

Acceptable masks are N-95 masks, KN-95 masks and surgical masks. Masks should be well-fitted and completely cover your nose and mouth. Where masks are not required, residents may choose to wear masks if they so desire.

Clinical Areas are the Clinic, Rehabilitation and the Health Care Center.

Other On-Campus Guidance

- **Outside presenters:** presenters must be fully vaccinated (booster not required). Presenter must wear a surgical mask in a small group. Presenter does not need mask if in a large room and socially distanced.
- **Volunteer activities:** residents may resume volunteer activities on and off campus.
- **Dining with Health Care Center Residents:** Family members who live at GHBC may eat with the resident in the HCC household or main level dining spaces (Jefferson, Fireside and Bistro). All other family members and loved ones may eat with HCC residents in their rooms or in the main level dining spaces.

Off Campus Guidelines

- **International travel:** upon return, residents are required to wear a mask for five days. Self-test with an antigen test on Day 5. If results are negative, the resident no longer needs to wear a mask. No quarantine is required.

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Guidelines for Visitors

Before the Visit

- Guests are unable to visit for 10 days after a positive COVID-19 test.
- We ask that guests postpone their visit if they are experiencing symptoms or have been exposed to COVID-19.
- Guests traveling domestically or internationally do not need to quarantine prior to their visit but are encouraged to self-test prior to their visit.

During the Visit

- Guests must wear surgical masks in common areas and clinical areas during the visit. They may acquire one from the Reception Desk.
- Visits may take place in the resident's apartment or room. Guests may remove masks in the resident's home.
- Guests should maintain social distance and frequently practice good hand hygiene.
- All guests, including children, may dine with residents in the Jefferson Dining Room, the Fireside and the Bistro. Proof of vaccination is no longer required.

Overnight Guests

- Overnight guest rooms are available to resident's family/friends.
- Guests may stay overnight in the RL resident's apartment.
- Proof of vaccination is no longer required for overnight guests.

Please Note: The Infection Precaution and Planning (IPP) Team monitors case rates on our campuses and in our wider region. All resident guidelines are subject to change in response to these case rates.