



B&M Homemaking and Companion Services, LLP
38 Church Street West Haven CT 06516
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Coronavirus – COVID 19 – Process Changes

Memo 8

Review the following information and call the office if you have any questions.

The office receives an email from our state representatives providing a status on COVID. Below are comments from today 3/8/2021.

Today, March 8, Connecticut reported 2,066 new cases of COVID-19 were discovered from Friday, March 5 to Sunday, March 7, on average catching just under 690 new cases per day. Those cases were found as 78,634 tests were administered over the weekend, resulting in a weekend positive test rate of 2.63 percent.

The percent of positive cases and hospitalizations are consistently going down. We need to continue to stay focused on the guidelines to protect ourselves and those around us. Sadly, we have lost many friends, family and loved ones and we wanted to take a moment to recognize those lost to all of us.

B&M and your Client's thank you for your continued hard work. We understand that balancing work, family and protecting your loved ones as well as yourself has been a challenge.

Stay Focused and Follow the Guidelines

This memo is being provided to ensure you have the most recent Vaccine and Mask guidance along with the guidance on reopening of the state.

We want to remind all staff that it is of the ***utmost importance*** to stay focused on the protocols discussed during In-Service and Orientation Training.

Wear your Mask at all times when with your Client

Wash your Hands frequently

Wear your Gloves

Social Distance

COVID-19 Vaccine Information

A memo was sent out informing staff that they are eligible to receive the COVID-19 Vaccine through the VAMS (Vaccine Administration Management System). We have had a number of staff contact the office requesting to be added to this system in order to submit for an appointment.

Please contact the office if you have not yet been registered for the vaccine and are interested in making an appointment. You will need to provide your email address to receive the notification to register and schedule an appointment.



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New CDC Guidance Regarding Fully Vaccinated Individuals

The Centers For Disease Control And Prevention released new guidance for individuals who have been fully vaccinated against COVID-19. With as much as 10 percent of Connecticut's population now meeting this guideline, this will likely be welcome news for many people in the state. The new guidelines, which define "fully vaccinated" as someone who is two weeks past their second dose of the Moderna or Pfizer vaccines or two weeks past a single dose of the Johnson & Johnson vaccine, provide new guidelines for relaxing some prevention measures:

- Fully vaccinated people do not need masks or social distancing when meeting indoors with those at low risk for COVID-19
- Fully vaccinated people can visit other vaccinated people indoors without masks or physical distancing
- Fully vaccinated people can visit indoors with unvaccinated people from a single family without masks or physical distancing if the unvaccinated people are at low risk for severe disease
- Fully vaccinated people can skip quarantine and testing if exposed to an asymptomatic COVID-19 carrier, but should monitor symptoms for 14 days

However, the CDC continued to say vaccinated individuals should still follow several guidelines:

- Fully vaccinated people should still wear masks and socially distance from unvaccinated people at increased risk for severe COVID-19 or if they have a household member at higher risk
- They should also wear masks and stay distanced when visiting unvaccinated people from multiple households
- In public, they should continue to wear masks and remain socially distanced, continuing to follow public health guidelines for the immediate future
- If fully vaccinated people live in non-health care congregate settings like group homes, they should still quarantine and get tested if exposed to suspected or confirmed COVID-19
- The risk of infection in locations like restaurants or gyms will be lower for fully vaccinated individuals, but as transmission risk is inherently higher in those settings, precautions should continue to be followed
- The CDC still recommends against travel due to high case numbers nationwide; this is expected to change domestically in future months as more adults become eligible for vaccination

State of Connecticut Reopening Guidelines

** Effective January 19, 2021, the Team Sports on Pause is no longer in effect. Team sporting activities must adhere to the latest DPH Guidance and Sector Rules for Reopening. Click here for a summary of the updated guidance. **

<https://portal.ct.gov/DECD/Content/Coronavirus-Business-Recovery/Sector-Rules-and-Certification-for-Reopen>

For the purposes of advanced planning for summer camps and other summer recreational activities, we anticipate that the rules this year will be similar to the rules we had last year, assuming current



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projections hold. The state DPH and DECD are monitoring COVID-19 metrics closely and will likely have more information by March 15, 2021. Please continue to monitor this page and our Sector Rules for Reopening for updated guidance.

- Due to the increasing rate of COVID-19 in Connecticut, Governor Lamont has ordered the entire state to roll back to Phase 2.1 rules – a slightly modified version of the previously enacted Phase 2 rules – effective at 12:01 a.m. on Friday, November 6. A comparison of Phases 2, 2.1 and 3 rules can be found below.
- Effective Tuesday, February 2nd, 2021, the following business sectors will be subject to a 11:00 p.m. closing time 7 days per week.
- Restaurants (last service for in-person dining at 10:30 p.m., although takeout and delivery may continue)
- 24-hour diners may reopen for indoor dining for breakfast at 5:00 a.m.
- Entertainment and recreation venues (e.g. movie theaters, bowling alleys, performing arts theaters)
- Indoor and outdoor events at commercial venues
- Employers are reminded to maximize telework to the extent possible, and those over 65 and with chronic conditions are urged to remain home as much as possible.

CDC – Known Symptoms

[Symptoms of COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) **Watch for symptoms**

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.



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How do I know if I should be tested for COVID 19? Where do I go and what do I need to do?

<https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/COVID-19-Testing>

- **Where to go for Testing**
<https://www.nbcconnecticut.com/news/coronavirus/locations-for-drive-though-covid-19-testing-in-connecticut/2244133/>

- **CDC Guidelines are changing and adjusting based on what they are learning about the virus. All staff should review the guidelines for updates frequently. Additionally, links to Connecticut specific information are noted below.**
 - **Reopen Connecticut – Residents, Business, Schools**
 - <https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Latest-Guidance>
 - **Travel Advisory – CT**
 - <https://portal.ct.gov/Coronavirus/travel>