



## Addendum to YMCA COVID 19 Policy

Effective 12/18/2020

### Quarantine Period change for COVID 19 policy and Out of State Travel Policy

#### Quarantine Period Policy change:

1. The Middlesex YMCA's COVID -19 Quarantine Policy effective Friday, December 18, 2020, will align with the Connecticut Department of Public Health (DPH), based on the updated guidance from CDC, regarding the recommendation of changing the quarantine period for persons known to be close contacts of cases of COVID-19 to **10 days if**:
  - (a) Daily self-monitoring for COVID-19 symptoms has been done and the person has had no symptoms of COVID-19 during the whole 10-day quarantine (day 0 is the day of exposure); AND
  - (b) Daily symptom monitoring continues after 10 days for an additional 4 days (days 11–14). If any symptoms develop, immediately self-isolate and contact their local public health department or their healthcare provider; AND
  - (c) After 10 days, persons need to continue to take the measures needed to prevent COVID-19, including but not limited to: wearing a mask when out in public and avoiding gatherings with people who are not in your immediate household, are over 65 years old or who have medical conditions that place them at increased risk for COVID-19. These are also summarized here: [How to Protect Yourself & Others | CDC](#)
2. The Middlesex YMCA's COVID -19 Out of State Travel policy effective Friday, December 18, 2020, will align with the State of Connecticut, based on the updated guidance from CDC, regarding quarantining for Travelers from States with High Covid-19 Levels:
  - a) **Self-Quarantine for Affected Travelers.** All Affected Travelers shall self-quarantine for a period of ten days from the time of last contact with such Affected State or such Affected Country.
  - b) **Testing Alternative.** An Affected Traveler is exempt from the self-quarantine requirement if (i) he or she has had a test for COVID-19 in the seventy-two hours prior to arrival in Connecticut or at any time following arrival in Connecticut, (ii) the



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result of such COVID-19 test is negative, and (iii) such Affected Traveler submits written proof of such negative test result to the HR office. Only PCR (RT-PCR) tests, shall be accepted, we will not accept the Rapid CCIVD test results. If a test was obtained in the seventy-two hours prior to arrival in Connecticut, or following arrival in Connecticut, and such Affected Traveler has not yet received his or her test results, such Affected Traveler shall remain in self-quarantine until a negative test result is submitted to the HR office.

**Please Note: Your acknowledgement of this Addendum to the current YMCA COVID 19 policy in Paycom acts as your signature, which means you understand and will follow all guidelines stated above.**