



COVID-19 UPDATES-11/10/2020

We are writing to share the following COVID-19 updates with you. Please note, this information is subject to change at any time. If you have any questions, please contact the Director of the services you or your family member receives.

CLUSTER ZONE – UPDATE

Governor Cuomo and the Department of Health have begun to identify geographic areas with higher than average rates of COVID-19 transmission, referred to as “hot spots,” “clusters,” and “micro clusters.” The risk of transmission in these areas is represented visually on state maps displaying three colors (yellow, orange, red) with the level of mitigation management increased as geographic areas demonstrate higher rates of infection, and move along the continuum from yellow to orange to red. See CLUSTER ZONE charts within this letter.

As you may know, on November 9th, 2020, Governor Cuomo declared specific areas within Monroe County as “yellow zones,” due to an increase in COVID-19 cases, also referred to a “micro-cluster” area. The areas currently designated include the City of Rochester, Greece, Irondequoit, Webster, Penfield, Perinton, East Rochester, Pittsford, Brighton, Henrietta, Chili, and Gates.

The Governor will continue to monitor and revise these micro-clusters and update the public with changes. A Yellow Zone means that there has been a seven-day rolling positive test rate average above 2.5% and 10 or more new cases per 100,000 residents for 10 consecutive days. Once designated as a zone with an increase in positive COVID cases, *OPWDD recommends weekly testing for people who receive services from Lifetime Assistance*. At this time, weekly testing is recommended but not mandatory. If your family member lives in a Lifetime Assistance home, please contact the RN at their home if you are interested in pursuing testing for your family member. If you or your family member receives services other than residential, please contact your family member’s Primary Care Provider to discuss testing options. Please let the supervisor of the services you or your family member receives know that you are having yourself or your family member tested.

We have also provided information on the orange and red zones as well. See the Cluster Zone charts for a brief idea of requirements per zone.

The Governor’s office will update as changes occur and Lifetime will continue to communicate with you as we receive more information. Please check our website www.lifetimeassistance.org for updates.

At this time, we are required to follow the guidance noted in the Cluster Zone charts. You will be notified if any of the services you or your family member receives are reduced by capacity, suspended, or closed. See Cluster Zone chart restrictions on the next pages.

CLUSTER ZONES

Supports and Service Restrictions

Type of Service	Red	Orange	Yellow
<u>Certified Site-Based Day Services</u> (DH, SBPV, SB respite, pathway to employment)	SUSPENDED	SUSPENDED	OPEN -Weekly testing recommended
<u>Group Non-Site-Based Services</u> (DH WOW, CBPV, non-site-based respite, CH (Group), SEMP (Group))	SUSPENDED	OPEN -10 Person capacity (inclusive of individuals & staff) -Weekly testing recommended	OPEN -Weekly testing recommended
<u>Non-Group Non-Site-Based Services</u> (Services provided to 1-3 individuals: CH, respite, employment training, SEMP, CBPV)	OPEN -2 Person capacity (inclusive of individuals & staff) -Weekly testing recommended	OPEN -4 Person capacity (inclusive of individuals & staff) -Weekly testing recommended	OPEN -Weekly testing recommended
<u>Residential</u> (Certified Residences, free standing respite, & CH being temporarily delivered in a certified home)	OPEN <u>-Visitation suspended</u> -Weekly testing recommended	OPEN -Visitation based on COVID status of home -Weekly testing recommended	OPEN -Weekly testing recommended

CLUSTER ZONES

Community Restrictions

In addition, there are activity restrictions based on the Cluster Zone Category that all NYS residents must follow as per the Governor's orders to help limit the transmission and increase of COVID-19.

<https://esd.ny.gov/ny-cluster-action-initiative-guidance>

Activity Restrictions Based on Cluster Zone Category		
Red	Orange	Yellow
-No non-essential gatherings of any size	-Non-essential gatherings shall be limited to 10 people	-Non-essential gatherings are limited to no more than 25 people
-Houses of worship are subject to a capacity limit of 25% of maximum occupancy or 10 people, whichever is fewer	-Houses of worship are subject to a capacity limit of the lesser of 33% of maximum occupancy or 25 people, whichever is fewer	-Houses of worship are subject to a capacity limit of 50% of its maximum occupancy
-Restaurants and Taverns -- Open for take-out or delivery only	- Restaurants and Taverns -- Outdoor dining, take-out or delivery only, 4 person maximum per table	- Restaurants and Taverns -- Indoor and outdoor dining permitted, 4 person maximum per table, bars and restaurants close at midnight
-Schools must close for in-person instruction, remote-only unless following guidelines requiring mass testing and vigilant symptom and exposure screening conducted daily; except as otherwise provided in Executive order	-Schools must close for in-person instruction, remote-only unless following guidelines requiring mass testing and vigilant symptom and exposure screening conducted daily, except as otherwise provided in Executive order	-Schools open, with 20% weekly testing of in person students and faculty
-Non-essential businesses are closed	-Certain non-essential businesses, are closed e.g., gyms, fitness centers or classes, hair salons and barbershops, personal care services (spas, tattoos, piercing parlors, estheticians, laser hair removal and electrolysis	-Non-essential businesses are open

TRAVEL ADVISORY - UPDATE

As the holiday season approaches, it is important for all of us to keep in mind that New York State has issued a travel advisory for anyone returning from travel to states that have a significant degree of community-wide spread COVID-19. Further, NYS is advising against family gatherings during the holidays this year.

New alternatives to a 14-day quarantine have been released from the Governor. For any traveler to NYS from a non-contiguous state, US territory, or CDC level 2 or 3 country, the new guidance for travelers allows people to “test-out” of the mandatory 14-day quarantine. See guidance below:

To test-out of a 14-day quarantine:

- Travelers must obtain a COVID-19 test within three (3) days of departure, prior to arrival in New York. The traveler must, upon arrival in New York, quarantine for three days. On day 4 of their quarantine, the traveler must obtain another COVID test. If *both* tests come back negative, the traveler may exit quarantine early upon the receipt of the second diagnostic test.
- Travelers who were only out of state for less than 24 hours do not need a test prior to their departure from the other state and does not need to quarantine upon arrival in New York State. However, the traveler must fill out the traveler form upon entry into New York State, and take a COVID diagnostic test 4 days after their arrival in New York.
- All travelers covered by the advisory must continue to fill out the Traveler Health Form upon arrival into New York State.
- Contiguous states are Pennsylvania, New Jersey, Connecticut, Massachusetts, and Vermont. Travelers from these states are not subject to this guidance.

Travel form can be found here:

- <https://forms.ny.gov/s3/Welcome-to-New-York-State-Traveler-Health-Form>

Prior to any traveling, we encourage you to check the following websites for information:

<https://covidhotspotlookup.health.ny.gov/#/home>

<https://coronavirus.health.ny.gov/covid-19-travel-advisory>

https://coronavirus.health.ny.gov/system/files/documents/2020/11/interm_guidance_travel_advisory.pdf

With COVID-19 cases increasing across the state, be assured that we will continue to take preventative measures, such as continuous and deep cleaning/disinfecting, wearing face masks, frequent and thorough handwashing and practicing social distancing, to protect those we support from illness. Lifetime Assistance has been and will continue to be diligent in following health and safety protocols for the protection of the people we support and their dedicated staff. We thank you for your patience.

Please contact the Director of the Lifetime home in which you or your family member lives or the Director of any other services you or your family member receives if you are considering travel outside of NYS.