



Goodwin House  
Bailey's Crossroads

August 18, 2022

Dear GHBC Residents,

Earlier this week, the Infection Precaution and Planning (IPP) Team held their monthly meeting. During this meeting, they reviewed the state of COVID-19 in our region and our policies and protocols.

As of Wednesday, August 17, 2022, the positivity rate in Alexandria is 18.5% (down from 23.3% at the beginning of this month), and the positivity rate in Fairfax is 19.4% (down from 22.1% at the beginning of this month).

### **Quarantine and Isolation Protocol Updates**

You may have seen in the news that the Centers for Disease Control (CDC) has updated its guidance for quarantine and isolation periods following exposure or testing positive. Because of our communal setting, which includes a high percentage of people who are at greater risk from COVID-19, our protocols differ from the new guidelines offered by the CDC.

Our protocol for isolating following a positive test remains the same: If you test positive for COVID-19, 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.

We are reducing the quarantine period following exposure to a case of COVID-19. If you are exposed to COVID-19, you must quarantine for 5 days and be tested on day 5. You may end your quarantine period when you receive a negative test result.

## What to Do Following Travel

The IPP Team has also updated our guidelines for traveling. If you travel internationally or on cruises, you must take a PCR test between days 3 and 5 following return. No quarantine period is required, though you should wear a well-fitting mask when outside your apartment until you receive a negative test result. **(Reminder: All residents are required to wear masks covering the nose and mouth in common areas on campus.)**

No quarantine period or testing is required for domestic travel.

## Updates to Campus Protocols

Food and drink may once again be served at events on our campuses. Any outside guests who attend these events must be fully vaccinated.

Outside presenters must take a rapid test and show proof of a negative result within 24 hours before their arrival on campus.

## We Can All Do Our Part

There are steps we can all take to do our part and keep COVID-19 from spreading on our campuses. Please also take the following precautions:

1. Wear a mask in public spaces, especially indoor areas such as restaurants, shops and entertainment venues. Take extra precaution when attending large gatherings or traveling.
2. Monitor your symptoms. If you are not feeling well, take a rapid test and notify the Clinic.

Thank you for all that you do to keep everyone in our Goodwin Living community safe and healthy. We are truly stronger, together.

Best Regards,

Justin Carwile

Executive Director, Goodwin House Bailey's Crossroads

703.578.7100 | [jcarwile@goodwinliving.org](mailto:jcarwile@goodwinliving.org)