



Serving Seniors Covid-19 Testing Policy & Travel FAQ

The purpose of this document is to outline Covid-19 testing & travel protocols for Serving Seniors. The enclosed practices are intended to guide employees on how to maintain safety protocols related to Covid 19. It is the policy and practice of Serving Seniors to follow CDC and California Department of Public Health Guidelines. Serving Seniors requires all unvaccinated employees to wear proper PPE when at work at any Serving Seniors location. For more information on PPE, Communicable Disease and/or Covid-19 Safety please feel free to reach out to the Human Resources Department for assistance. When in doubt, please contact Human Resources and/or the Direct Supervisor for further assistance related to Covid-19 Testing.

Who Should Get Tested?

The following are the guidelines from the CDC regarding testing for current Covid-19 infection:

- People who have [symptoms](#) of COVID-19.
- Most people who have had [close contact](#) (within 6 feet for a total of 15 minutes or more over a 24-hour period) with someone with confirmed COVID-19.
 - [Fully vaccinated](#) people with no COVID-19 symptoms do not need to be tested following an exposure to someone with COVID-19.
 - People who have tested positive for COVID-19 within the past 3 months and recovered do not need to get tested following an exposure as long as they do not develop new symptoms.
- People who have taken part in activities that put them at higher risk for COVID-19 because they cannot physically distance as needed to avoid [exposure](#), such as travel, attending large social or mass gatherings, or being in crowded or poorly-ventilated indoor settings.
- People who have been asked or referred to get [tested](#) by their healthcare provider, or [state](#), [tribal](#), [localexternal icon](#), or [territorial health department](#).

CDC recommends that anyone with any signs or [symptoms of COVID-19](#) get tested, regardless of vaccination status or prior infection. If you get tested because you have symptoms or were potentially exposed to the virus, you should stay away from others pending test results and follow the advice of your health care provider or a public health professional.



When Should I get Tested?

For unvaccinated individuals as soon as an employee becomes aware that they may have been exposed to Covid-19 and/or within 2 days of exhibiting any symptoms of Covid-19. Fully vaccinated individuals should get tested if they are exhibiting symptoms after an exposure to Covid-19. If you have been exposed contact Human Resources immediately regardless of vaccination status.

Where Should I get Tested?

If you are experiencing any of the above symptoms, or have had close contact, it is recommended by the CDC to get tested, regardless of vaccination status. You can get tested at any county testing location. Found on the California Department of Public Health website. Most pharmacies offer testing as well. Employees can also always contact their Primary Care Physician and follow their guidance for testing. Human Resources will also provide resources if an employee is unable to find a testing location.

What if I have been exposed to Covid-19?

If you have been exposed to someone who tested positive for Covid-19 our recommendation is to first report to HUMAN RESOURCES and they will provide further instructions. If the employee has any symptoms, regardless of vaccination status, it is recommended to get tested and/or quarantine for up to 10 days.

If an employee is fully vaccinated and not experiencing symptoms, please report to HUMAN RESOURCES for further guidance. In a time of an outbreak Senior Staff and/or HUMAN RESOURCES will provide further instructions to all employees in accordance with the California Department of Public Health & CDC guidance.

What if I travel out of State?

Please refer to page 3 for CDC guidelines. The employee will be expected to follow the state guidelines for travel restrictions in the state or states they are traveling to. Follow the guidelines for both vaccinated and non-vaccinated individuals as they apply. See the table below.

What if I travel out of Country?

Please refer to page 3 for CDC guidelines. When traveling outside of the U.S. the employee must follow the US Embassy & CDC guidelines for travel restrictions for both vaccinated and non-vaccinated individuals. Unvaccinated employees may have to quarantine for up to 10 days prior to returning to work after travel outside the U.S.




Employees who live over the border in Baja California/Mexico, are not required to report travel outside of their normal commute to work. However, if they travel to another Mexican state these guidelines would apply.

Please refer to CDC Travel guidelines on the next page for further guidance regarding travel for both vaccinated and unvaccinated employees. If you have any questions, feel free to reach out to Human Resource for further instruction.

CORONAVIRUS DISEASE 2019 (COVID-19)

Domestic Travel RECOMMENDATIONS AND REQUIREMENTS	Not Vaccinated		Fully Vaccinated	
	Not Vaccinated		Fully Vaccinated	
Get tested 1-3 days before travel	✓			
Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested.	✓			
Self-monitor for symptoms	✓		✓	
Wear a mask and take other precautions during travel	✓		✓	

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)CS323515-A 04/02/2021


It is advised by HUMAN RESOURCES that once you know you will be traveling to visit the CDC website by [clicking on this link](https://www.cdc.gov/coronavirus). Review their recommendations to the area you will be traveling.

International Travel Recommendations Quick Reference

[alternative text for web accessible infographic](#)

CORONAVIRUS DISEASE 2019 (COVID-19)

International Travel RECOMMENDATIONS AND REQUIREMENTS	Not Vaccinated		Fully Vaccinated	
	Not Vaccinated		Fully Vaccinated	
Get tested 1-3 days before traveling out of the US	✓			
Mandatory test required before flying to US	✓		✓	
Get tested 3-5 days after travel	✓		✓	
Self-quarantine after travel for 7 days with a negative test or 10 days without test	✓			
Self-monitor for symptoms	✓		✓	
Wear a mask and take other precautions during travel	✓		✓	

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)CS323515-A 04/02/2021