Maryland
DEPARTMENT OF HEALTH

NOTICE - COVID-19 Advisory - Large Gatherings, Essential Travel, Nursing Homes and Assisted Living Programs

(November 10, 2020)

The Maryland Department of Health strongly recommends that Marylanders undertake the following measures to contain the recent surge in COVID-19 cases:

1. **Limit Large Indoor Gatherings**

   All Marylanders should refrain from attending public and private indoor gatherings of more than 25 individuals in one location and should practice physical distancing to the extent possible.

2. **Limit Travel to Essential Purposes Only**

   All Marylanders should refrain from non-essential travel outside of Maryland due to the recent increase in COVID-19 infections in other states. In addition, the Maryland Department of Health strongly recommends:

   A. Any Marylander returning from out-of-state or any out-of-state traveler should either get tested for COVID-19 promptly upon arrival in Maryland or within 72 hours before travel to Maryland. A list of test sites can be found here: http://covidtest.maryland.gov.

      We encourage out-of-state visitors to be tested within 72 hours prior to arrival and to cancel travel if they receive a positive result. Visitors waiting for their test results should stay at home between the time of their test and their arrival in Maryland or to self-quarantine upon arrival.

   B. Any Marylander who travels to a state with a COVID-19 test positivity rate above 10% or with a case rate over 20 per 100,000 in the past 7 days should get tested and self-quarantine at home until the test result is received. The District of Columbia, the Commonwealth of Virginia, the Commonwealth of Pennsylvania, and the States of Delaware and West Virginia are exempt from this recommendation.

      Note: A list of state COVID-19 test positivity rates can be found here: (https://www.cdc.gov/covid-data-tracker/index.html#testing) (COVID-19 Tests Performed by State - Commercial and Reference, Public Health, and Hospital).

      Note: A list of state COVID-19 case rate per 100,000 over the past 7 days can be found here: https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days

   C. Employee commuters who leave/enter the state on a daily basis and have work-based COVID-19 screening procedures do not need to quarantine. Employees who occasionally travel to or from Maryland for work-related purposes should, to the extent reasonably practicable, comply with the quarantine and testing recommendations above.

3. **Take all steps to stop the spread at nursing homes and assisted living programs/facilities.**

Marylanders should take all precautions to protect their loved ones at nursing homes and assisted living programs including staying home if sick and getting tested before they visit.

Nursing home and assisted living program staff should minimize their contact with large gatherings and work with their management on communicating early and often about infection control issues at their facilities.

Nursing homes and large assisted living programs (over 50 beds) are strongly encouraged to test their staff at least once a week for COVID-19, and where appropriate, more often, using a combination of rapid point-of-care testing and PCR lab testing.

Nursing homes and assisted living programs are reminded that indoor visitation is not permitted if the facility is currently conducting outbreak testing and in accordance with federal guidance on this subject. Each facility may implement additional visitation restrictions, to include the number of individuals allowed in the facility at any given time or visitor testing, on a facility-specific basis given each facility's circumstances and infection control guidelines.

Nursing homes are also reminded that they must take steps, as required in the Amended Nursing Home Matters Order of October 27, to secure sufficient personal protective equipment for their staff.

This Notice is effective immediately and replaces the Notice Out of State Travel and Public Travel Advisory (July 29, 2020) and shall remain in effect until it is rescinded, or until the state of emergency has been terminated and the proclamation of the catastrophic health emergency has been rescinded.

Robert R. Neall
Secretary