



FOCUS POINT NEWSLETTER 2-18-2021



2 10 2021, the CDC revised its guidance on quarantining after exposure for staff members who have completed vaccination.

<https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>

The new guidance indicates that vaccinated persons with an exposure are not required to quarantine if they meet **all** of the following criteria:

- are fully vaccinated (i.e., more than two weeks following receipt of the second dose in a two-dose series, or more than two weeks following receipt of one dose of a single-dose vaccine)
- are within three months following receipt of the last dose in the series
- have remained asymptomatic since the current COVID-19 exposure

This guidance applies to healthcare workers only and does not apply to residents of long-term care facilities due to the increased risks for severe disease and death and the unknown effectiveness of the vaccine in this population. The CDC recommends that residents continue to quarantine following exposure to someone with suspected or confirmed COVID-19, and only suggest lifting this requirement to mitigate critical issues (such as limited bed capacity).

The CDC recommends that vaccinated individuals continue to follow all other guidance to prevent the spread of COVID-19, such as mask wearing, social distancing and handwashing because the risk of transmission from vaccinated individuals to others is still uncertain.



DSS/VDH February 3rd ALF COVID-19 Lunch & Learn Recording and Presentation Slides - Access the recording and presentation slides for the “lunch & learn” webinar hosted by the Department of Social Services (DSS) and VDH. These

resources may be targeted for assisted living facility but there are many good ideas that may be applicable to nursing facilities.

- [DSS/VDH ALF COVID-19 Lunch and Learn Webinar Recording](#)
- [DSS/VDH ALF COVID-19 Lunch and Learn Webinar Presentation Slides](#)



Building a More Resilient Team

The pressure for teams to be resilient is more urgent than ever before the COVID-19 pandemic. Research has identified four critical characteristics of a resilient team: candor, resourcefulness, compassion, and humility.

- *Candor* occurs when resilient teams can speak the truth to each other to identify and solve challenges they face.
- *Resourcefulness* comes into play when resilient teams rebound from setback and welcome new challenges. Resilient teams tend to focus on solutions and outcomes.
- *Compassion* sets resilient teams apart as these teams genuinely care about each other and are committed to the success of the entire team.
- *Humility* occurs in resilient teams when a problem is identified, and team members accept help from one another to face the challenge and find a solution together.

Resilience requires a level of team awareness and empathy that may not come naturally to all team members. Leaders must assess the state of their team members and break down barriers and build a foundation of trust that ultimately leads to team resiliency.