



We know that this pandemic has not been easy on anyone and we would like to take the time to thank you all for your hard work over these past several months. We could not have achieved having a COVID-free building without you!

We are now at a place where it is starting to feel like our new normal. We as staff get our masks for the week, wash our hands frequently, take our temperature and report our symptoms at the start of shift, and do not come to work if we are feeling sick, along with other measures. We are in a stable state. However, **COVID has not gone away.**

COVID infections are [steadily increasing in Washoe County](#). This is most likely due to more social interactions with businesses opening. With COVID increasing in our community, it is even more important for all of us to protect ourselves. We ask that you continue to:

- Wear a face mask while in public spaces, especially at stores.
- Wash hands frequently and whenever you return home.
- Disinfect household surfaces often.
- Avoid crowds or indoor enclosed spaces with people who are outside of your household. If there is no choice, it is strongly suggested to wear a mask.
- Educate your household to also practice infection control measures.
- Stay informed by visiting: [covid19washoe.com](https://covid19washoe.com) & [nvhealthresponse.nv.gov](https://nvhealthresponse.nv.gov).

We also know that many of you are interested in taking a vacation. If you travel during your vacation, please notify Human Resources of your travel plans. Depending on the risk exposure, you might need to quarantine at home for 14 days following your travel. We will judge this based on a **case-by-case basis**. In general, for domestic travel by car to another household that has been practicing good infection control measures, you most likely will not need to quarantine. For domestic travel on a flight or to a crowded space, you might be asked to quarantine at home for 14 days following travel. For international travel, you will need to [quarantine at home for 14 days upon your return to the U.S.](#) Other travel tips include:

- Bring enough masks, hand sanitizer, and disinfectant solution to last you for the entire trip.
- Wear a face mask in all public places.
- Social distance at least 6 feet apart on all bus, train, and air travel.
- If you are considering travel lodgings, disinfect commonly touched surfaces.

Again, thank you for all of your help in keeping Alta COVID-free!