



**VALLEY
MOUNTAIN
REGIONAL
CENTER**

Guide to Consumer Travel

During COVID-19

During this COVID-19 pandemic, the goal of VMRC is to promote the health and safety of all the consumers, especially the vulnerable ones with underlying medical conditions and living in group settings with or without roommates.

When a consumer, living in licensed care or group living arrangements, is going to travel or go out in outings individually or groups, and care home staff are able to ensure that the consumer is able to follow all the precautions, the consumer does not have to do the 14-day isolation. During this time, the following conditions must be met:

- the care home staff was able to ensure that the consumer had mask on at all times, covering the nose and mouth
- optional to use a face shield or eye goggles as added protection
- practiced more than 6 feet physical distancing
- avoided touching face
- washed hands frequently or used hand sanitizer
- showered immediately and changed clothes upon return to care home
- clothes washed immediately and separately