How Travel Restrictions Affect Little Bit

Gov. Jay Inslee issued a travel advisory for Washington on November 13, recommending a 14-day quarantine for interstate and international travel and asks residents to stay close to home. Inslee joined California Gov. Gavin Newsome and Oregon Gov. Kate Brown in urging visitors entering their states or returning home from travel outside these states to self-quarantine to slow the spread of the virus.

How does this advisory affect Little Bit?

As per our COVID-19 Procedures manual, 1.1 section 10: All staff are required to report travel to their Department Director.

Adaptive Riding program:

Staff must report travel to their department director, however, since no one is within 6 feet of riders or their family-member sidewalker for longer than 15 minutes during a session, risk is minimal. For riders, their family members, or any volunteers, no requirement to quarantine is required.

Therapy program:

Staff must report travel to their department director, and it is recommended that they quarantine away from Little Bit for 14 days when traveling out of Washington. Patients and their family members should also quarantine away from Little Bit for 14 days when traveling out of Washington, but since self-quarantine is not required, family members should notify their therapist for further instructions. If any member of the team is not comfortable assuming the risk of being within 6 feet of anyone who has traveled for longer than 15 minutes, sessions may be cancelled. Therapists may recommend tele-health to their patients, if it is suitable. Volunteer headers who travel are not required to quarantine since they don’t come within 6 feet of other team members and pose little risk.

Barn and Schooler Volunteers:

Barn Team volunteers and volunteer schoolers do not need to quarantine as risk is also minimal.

If symptoms appear:

Staff, volunteers, and riders/patients and their family members are required to notify Little Bit when symptoms of COVID-19 NOT EXPLAINED BY OTHER KNOWN CAUSES occur—especially important is the date that symptoms are first noticed. Those symptoms include: cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, or congestion or runny nose, nausea or vomiting, or diarrhea. Should symptoms occur, individuals are asked to stay away from Little Bit for 10 days from the onset of symptoms or receive two negative COVID-19 tests at least 24 hours apart.