



November 20, 2020

Hello PIC Families,

The COVID-19 situation is changing rapidly across the country and most communities are seeing a steep rise in the number of positive cases. With the holidays fast approaching, last week we shared the latest-at-the-time CDC guidance around travel and gatherings.

This week both the City of Philadelphia and the State issued new “Safer at Home” restrictions that are now in place for the next 6 weeks. Yesterday the CDC issued their own guidance around travel and gatherings.

Specific language to note from the City of Philadelphia Executive Order regarding holiday gatherings is as follows:

“Indoor gatherings of persons from more than one household in a residence or other private indoor location, other than to provide necessary care for a family member or as necessary due to emergency circumstances, are prohibited.”

The full notice of Philadelphia requirements are here:

<https://www.phila.gov/2020-11-16-philadelphia-announces-new-safer-at-home-restrictions-in-response-to-rising-covid-19-cases/>

Updated CDC Guidelines around gatherings are here:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>

PIC aligns with these restrictions and asks all families and staff to keep indoor in-person gatherings or celebrations to household members only. At this point in the pandemic, there is little difference between traveling to a “red” state and having members outside of your own household unit gather together inside your residence. Thus, staying at home with only the immediate members of your household is the safest way to mitigate risk of Covid-19 transmission.

Families who do travel outside the state OR participate in indoor gatherings with individuals outside of your own household should quarantine for 14 days before returning to PIC. Testing for Covid prior

to travel does not protect you from spreading COVID as the test can be negative a few days before travel but subsequently turn positive. These updated PIC policies will remain in place until further notice but, at a minimum, will be in place through the month of January.

We know the upcoming holidays and winter months will not be easy. But we have been doing really, really well thus far and that is clearly related to how well everyone is following the policies and protocols.

Be well and stay well.

A handwritten signature in black ink, appearing to read "Deb Green".

Deb Green
Executive Director

PS: Here are some testing resources that may be helpful:

Black Doctors COVID-19 Consortium

[Free COVID-19 Test & Flu Shots](#)

- **Saturday, Nov 21**, 11 am - 4 pm
Liacouras Center
- **Monday, Nov 23**, 10 am - 2 pm
69th Street Transportation Center

[Penn Medicine on-demand virtual appointments](#)

[Phila.gov list of testing sites](#)

[Pop up testing sites](#) from 15 to Know

[Jefferson Hospital's JeffConnect](#)

Testing sites announced by [Philadelphia Department of Public Health on Twitter](#)