Dear patients and families,

It has been wonderful having patients back in our outpatient centers! For more information on how we are adhering to federal and state social distancing guidelines, and protecting our patients and staff, please click here to review our Letter to Patients and Families.

Telehealth services continue to be available for patients through most insurances during this time. We have increased front desk staff available to take phone calls for scheduling at all of the above-mentioned centers. If you receive our voicemail, please leave a message if you would like to schedule appointments, or email kids@theraplayinc.com.

On the following pages you can find updated information on travel restrictions. Please review, and contact your center if you have any questions.

We are so grateful for every one of our patients, and this time away has only served to make us even more thankful for each of you! This is why we are taking your safety very seriously. Please forgive us as we are focusing on getting each of you back on track while not exposing our team members or patients to unnecessary risk.

Warmly,
The Theraplay Staff
Due to the recent increase in the number of cases in certain areas, some states are placing restrictions on travel to designated areas of increased risk. In order to prevent the spread of COVID-19 and ensure the safety of our employees, patients and their families, the Theraplay Family of Companies will require patients and their families, as well as employees, to observe state orders.

All patients and their families who will be traveling to another state should reach out to their center to discuss any restrictions that may apply.

Please be advised that your ability to return to sessions might be limited due to changes in state regulations during or after your trip.

Information about travel advisory by the CDC can be found here.

State-specific information can be found below:

**Delaware**
As of June 1, 2020, the mandatory 14-day quarantine for out-of-state visitors has been lifted. Additional information can be found here and here.

**New Jersey**
Under the 14-day quarantine travel advisory announced by the Governors of New Jersey, New York and Connecticut, individuals traveling to or returning to New Jersey from states with increasing rates of COVID-19 are advised to self-quarantine for 14 days. This includes travel by train, bus, car, plane and any other method of transportation.

The self-quarantine advisory was issued to limit the spread of the virus within our communities. While the recommendation relies on personal accountability, state officials expect that affected individuals will follow the recommendation. Travelers arriving from areas with increasing COVID-19 cases may wish to postpone their travel to the region if they are unwilling or unable to follow the self-quarantine advisory.

The 14-day quarantine travel advisory applies to travel from certain states identified as those that have a positive COVID-19 test rate higher than 10 per 100,000 residents or have a 10% or higher positivity rate over a seven-day rolling average (“impacted states”).
As of November 8, these are the states and territories that meet the criteria stated above:

• Alabama
• Alaska
• Arkansas
• Arizona
• California
• Colorado
• Delaware
• Florida
• Georgia
• Guam
• Iowa
• Idaho
• Illinois
• Indiana
• Kansas
• Kentucky
• Louisiana
• Maryland
• Massachusetts
• Michigan
• Minnesota
• Mississippi
• Missouri
• Montana
• Nebraska
• Nevada
• North Carolina
• North Dakota
• Ohio
• Oklahoma
• Oregon
• Puerto Rico
• Rhode Island
• South Carolina
• South Dakota
• Tennessee
• Texas
• Utah
• Virginia
• Washington
• West Virginia
• Wisconsin
• Wyoming

The self-quarantine is voluntary, but compliance is expected. Travelers and residents returning from impacted states typically will not need to check-in with public health officials, unless they are otherwise involved in contract tracing efforts, or required to do so by their employer or any other federal, state or local law or order. It is expected that individuals will follow the recommendation to self-quarantine.

The travel advisory does not apply to any individual passing through designated states for a limited duration through the course of travel. Examples of such brief passage include but are not limited to: stopping at rest stops for vehicles, buses, and/or trains; or layovers for air travel, bus travel, or train travel.

Out of state visitors from impacted states are encouraged to postpone travel. If it is not possible to delay travel, individuals are encouraged to self-quarantine in the home where they live or are staying in New Jersey. It is not necessary that other household members who did not travel from an impacted state self-quarantine. Additional information can be found here and here.

**Pennsylvania**
If you have traveled, or plan to travel, to an area where there are high amounts of COVID-19 cases, it is recommended that you stay at home for 14 days upon return to Pennsylvania. If you travel to the following states, you will need to quarantine for 14 days upon return:
• Alabama
• Alaska
• Arkansas
• Colorado
• Connecticut
• Georgia
• Florida
• Illinois
• Idaho
• Iowa
• Indiana
• Kansas
• Kentucky
• Massachusetts
• Michigan
• Minnesota
• Mississippi
• Missouri
• Montana
• Nebraska
• Nevada
• New Mexico
• North Carolina
• North Dakota
• Oklahoma
• Rhode Island
• South Carolina
• South Dakota
• Tennessee
• Texas
• Utah
• Virginia
• Wisconsin
• Wyoming

In addition to the states in which it is recommended that people stay at home for 14 days upon return to Pennsylvania, and recommended that individuals from these states do not travel to Pennsylvania, we also have several neighboring states that meet the travel advisory criteria. Those states are:
• Delaware
• Maryland
• New Jersey
• Ohio
• West Virginia

Given the interconnected nature of Pennsylvania to neighboring states and the region and mode of transport between these states, a recommendation of quarantine for these states is not practically viable. That said, the department highly discourages, to the extent practical, non-essential travel to and from these states while they meet the travel advisory criteria.
It is also important to remember that COVID Alert PA works in Pennsylvania and a number of other states, including Delaware, Nevada, New Jersey, New York, North Carolina, North Dakota, Washington D.C., Wyoming, and some parts of California.

Additional information can be found here. It is important to note that everyone should be practicing infection prevention measures. Thank you for your help in keeping our Theraplay family safe!