

Updated as of April 2025



JDC Entwine Insider Trip Health Protocol





JDC Entwine has developed a detailed health protocol for the safety and health of participants, community members and staff during our Insider Trip experiences. Participants and staff will be required to complete a health declaration form before their Insider Trip, in addition to other requirements, in an effort to keep you, other participants, and the local communities as safe as possible. All participants and staff will be required to abide by these requirements without exception.

This document was prepared in an effort to be transparent about JDC Entwine's preventative COVID-related policies and our protocol in case of a positive case, and has been broadened to cover respiratory/viral illnesses more generally, such as flu and cold

Pre-Trip

Participants can expect clear and consistent communication regarding Entwine's health protocol and policies on Entwine's website and in Insider Trip marketing and pre-departure materials throughout the application process, pre-trip preparation and during the program.

Health Declaration

- All participants will be required to submit a Health Declaration Form within 2 days of trip start time (i.e., if the trip starts at 9 am on June 21, you will be asked to submit the form no earlier than 9 am on June 19). Entwine program staff will track all Health Declaration Form submissions in order to approve participation.

Travel Insurance

- All participants are required to secure comprehensive travel insurance that will cover the cost of health-related travel extensions, including for COVID-19, or cancellations if you test positive or feel too unwell to participate and have related expenses (hotel stay, food during quarantine, flight change fees, cancellation, etc.) or are unable to participate. It is recommended that this insurance cover up to the full cost of the trip, or \$4,500 USD. *Please note that this insurance is separate from the JDC-provided medical and emergency evacuation insurance that is included in the participation fee.*
- While we provide health insurance through CIGNA for all trip participants, CIGNA will only reimburse for the cost of medical care/doctor visits for COVID-19 or any other illness up to \$500,000. CIGNA and Magnus do not cover the cost of hotel stays, flight change fees or food if one needs to quarantine.

During Trip

- COVID antigen tests may be given to participants on certain days of the trip as determined by JDC staff. Participants must present a negative test result by WhatsApp message to the group leader in order to participate. These tests will be provided by Entwine as needed.
- If a participant doesn't feel well, they MUST let a group leader know immediately so that the participant can be tested. If a participant or staff person begins experiencing symptoms of COVID or another viral illness:
 - The person will be isolated in their room.
 - A rapid antigen will be administered to determine if it is COVID.
 - If it is COVID, food, water and a care package will be delivered to the room. In case of other viral illnesses, a care package will be delivered to the reception.

Positive Case Protocol for COVID-19

- A positive case of COVID may have health and cost implications for fellow group members and may mean we have to change the itinerary; we are participating in a group experience and our actions have an impact on the rest of the members of the group -- we ask that participants be mindful of this throughout the trip.
- If a test is positive, Entwine follows the following guidelines listed below for isolation (the "Entwine Isolation Guidelines"). Should CDC guidelines be stricter than the below guidelines, Entwine will follow the CDC guidelines.

**We cannot require that participants stay longer than the trip, we only recommend it. A participant who tests positive may use their travel insurance to cover extra costs related to the extension of the stay.*

When you test positive for COVID-19, isolation is counted in days, as follows:

If you had no symptoms	If you had symptoms
Day 0 is the day you were tested (not the day you received your positive test result)	Day 0 of isolation is the day of symptom onset, regardless of when you tested positive
Day 1 is the first full day following the day you were tested	Day 1 is the first full day after the day your symptoms started
If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset	

Ending Isolation:

If you had no symptoms, you may end isolation after 24 hours	
If you had symptoms and....	
Your symptoms are improving and you are feeling better. You may end isolation after 24 hours if: <ul style="list-style-type: none"> You are fever-free for 24 hours (without the use of fever-reducing medication) 	Your symptoms are not improving. Continue to isolate until: <ul style="list-style-type: none"> You are fever-free for 24-hours (without the use of fever-reducing medication) Your symptoms improved and you are feeling better

Note the CDC's updated guidance: The updated Respiratory Virus Guidance recommends that people stay home and away from others until at least 24 hours after both their symptoms are getting better overall, and they have not had a fever (and are not using fever-reducing medication). Note that depending on the length of symptoms, this period could be shorter, the same, or longer than the previous 5-day isolation period guidance for COVID-19.

Positive Case Protocol for other respiratory or gastrointestinal illnesses

- A positive case of flu or other respiratory or gastrointestinal illnesses may have health and cost implications for fellow group members and may mean we have to change the itinerary; we are participating in a group experience and our actions have an impact on the rest of the members of the group -- we ask that participants be mindful of this throughout the trip.
- If a participant is showing symptoms such as fever, runny nose, coughing, headache, diarrhea, vomiting, nausea, or stomach pain, Entwine follows the following guidelines listed below for isolation (the "Entwine Isolation Guidelines"). Should CDC guidelines be stricter than the below guidelines, Entwine will follow the CDC guidelines.

**We cannot require that participants stay longer than the trip, we only recommend it. The positive participant can use their travel insurance to cover extra costs related to the extension of the stay.*

When you have symptoms of flu or other respiratory or gastrointestinal illnesses, isolation is counted in days, as follows:

If you had no symptoms	If you had symptoms
Day 0 is the day you showed first symptoms	Day 0 of isolation is the day of symptom onset
Day 1 is the first full day following the day you showed first symptoms	Day 1 is the first full day after the day your symptoms started

Ending Isolation:

If you had no symptoms, you may end isolation after 24 hours	
If you had symptoms and....	
Your symptoms are improving and you are feeling better. You may end isolation after 24 hours if: <ul style="list-style-type: none"> You are fever-free for 24 hours (without the use of fever-reducing medication) 	Your symptoms are not improving. Continue to isolate until: <ul style="list-style-type: none"> You are fever-free for 24-hours (without the use of fever-reducing medication) Your symptoms improved and you are feeling better

Note the CDC's updated guidance: For flu, CDC recommends that people stay home, for at least 24 hours, until both are true: your symptoms are getting better overall, and you have not had fever (and are not using fever-reducing medication)

- Entwine will notify the group and will seek consent to notify of the participant's identity.
- Entwine will notify local staff/tour guide, who will notify any community members/spaces visited
- If the positive participant is in a shared hotel room, their roommate will be moved to their own room when possible for the duration of the trip, at the expense of Entwine.
- Any local community members/sites visited will be notified.
- Masks will be distributed and will be optional to wear for the remainder of the trip.
- Group leaders will consider ways in which isolating participants can continue to participate in the program and engage with trip content.
- If the group is traveling to a different city, Entwine will make arrangements for separate transportation for the sick participant(s) or to stay in the same hotel if they do not feel well enough to travel; in the latter case, a local staff person or Entwine group leader may stay with the participant.

Post-Trip

- If a participant or staff person tests positive at the end of the trip and must stay in country, Entwine will:
 - Help the participant secure lodging and arrangements for food delivery while in quarantine.
 - Ensure the participant understands local quarantine rules.
 - Ensure the participant has a local point of contact for any needs during their quarantine.
 - Provide a list of important phone numbers and a care package
 - Check in at least daily with the participant.