



Metropolitan Marine Maintenance  
Contractor's Association, Inc.

January 22, 2021

**TO:** ILA Workforce in New York and New Jersey

**Re:** *Updated Quarantine Policies for COVID testing, exposure, and travel*

***Latest update***

The Industry is making another clarification to its quarantine policy. In the case of employees **who have tested positive for COVID-19**, the Industry will **no longer** require a negative test before that employee can return to work, so long as the employee does not have symptoms and has quarantined for at least ten days. This is because people can test positive for COVID-19 for three months after they have recovered from COVID, even though they are no longer contagious. This decision is consistent with the latest guidelines from the Center for Disease Control (CDC).

***Workers who test positive***

Any worker who tests positive for COVID-19 for any reason must still stay home a minimum of **ten** (10) days. Employees may go back to work only when at least 10 days have passed since symptom onset, **and** at least 24 hours have passed since the resolution of fever without the use of fever-reducing medications, and other symptoms of COVID-19 are improving.

**However, the industry will no longer require a negative test prior to returning to work.**

### *Quarantine after travel*

The updates to the travel guidelines are still the same as were announced yesterday. The post-travel quarantine guidelines now match the guidelines already in place for workers who have come in close contact with someone who has tested positive for COVID-19. These guidelines provide for a shorter quarantine for people who have tested negative during their quarantine.

In addition, the travel quarantine requirement is no longer specific to certain states. Because of the rising number of cases across all states, there is an increased risk of the spread of COVID-19 upon return from any travel. Accordingly, quarantine will be required after travel to any state, territory, or country outside of New York, New Jersey, Pennsylvania, Connecticut, and Delaware.

After returning from travel, the industry used to require a 14-day quarantine. The industry will now require the following procedure:

- If travelers test negative upon their return, they should **quarantine for a full 7 days after travel. The testing specimen must have been collected and tested on the fifth day of quarantine or later.**
- If testing is not available (or if the results are delayed), travelers should **quarantine for 10 days after travel.**

A good option for COVID-19 testing is the mail-in kit that MILA provides through Cigna. After ordering online, it takes two days to receive the kit. You can then send the kit back via the provided FedEx envelope, and it will take 36 hours to get the results.

If a worker orders the test upon return from travel, and then submits the test on day 5 after return, the worker should have the results back by day 7.

*Worker quarantined because of exposure to positive case*

The rules for someone who has been exposed to a positive case have not changed. If a worker has been quarantined because of exposure, and the worker elects **not** to take a test, then the worker must stay home for **at least ten days**. If the worker never develops symptoms, he or she may return to work after **ten** days, and **a test is not necessary**.

**In the alternative**, the worker may elect to take a test on the fifth day of quarantine, and, if the employee's diagnostic specimen tests **negative**, and the employee has no symptoms, then the worker may return to work after **seven** days at home. Again, a good option for testing is the mail-in kit from MILA.