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January 6, 2022

To: Local Presidents
Regional Directors/Representatives
National Executive Board

From: Teresa Harmon, Manager, Contract Administration

Re: Update on Isolation/Quarantine Policy, and Close Contact Tracing Program

Please find attached a copy of the notification that we received from the Postal Service today on its change to the Isolation/Quarantine Policy and the Close Contact Tracing Policy due to the Centers for Disease Control and Prevention recently updating its recommended guidance for isolation and quarantine periods.

CDC shortened the recommended time for isolation or quarantine for people with COVID-19 from 10 calendar days to **five (5) calendar days, if asymptomatic, followed by five (5) calendar days of wearing a face covering when around others.**

In addition, CDC updated its recommended guidance for people who are exposed to COVID-19. For people who are unvaccinated or are more than six (6) months out from their second mRNA (Moderna) dose (or more than two [2] months after the Johnson & Johnson vaccine) and not yet boosted, CDC now recommends quarantine for five (5) calendar days followed by strict face covering use for an additional five (5) calendar days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person wear a well-fitting face covering at all times when around others for 10 days after exposure.

Individuals who have received their booster shot do not need to quarantine following an exposure but should wear a face covering for 10 calendar days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day five (5) after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.

If you have any questions, please contact the Contract Administrative Department.

