



<b>POLICY TITLE:</b> COVID 19 Testing and Quarantine Requirements for Travel Outside the State of Maine	
<b>ENTITY:</b> <input checked="" type="checkbox"/> <b>CMHC</b> <input type="checkbox"/> <b>CMMC</b> <input type="checkbox"/> <b>CMMG</b> <input type="checkbox"/> <b>BRIDGTON HOSPITAL</b> <input type="checkbox"/> <b>RUMFORD HOSPITAL</b> <input type="checkbox"/> <b>BOLSTER HEIGHTS</b> <input type="checkbox"/> <b>RUMFORD COMMUNITY HOME</b> <input type="checkbox"/> <b>ELSEMORE DIXFIELD</b> <input type="checkbox"/> <b>SWIFT RIVER FAMILY MEDICINE</b> <b>FAMILY MEDICINE</b>	
<b>CATEGORY:</b>  Administrative	<b>ORIGINATION DATE:</b> 12/29/2020
<b>SUB-CATEGORY:</b>  Infection Control	<b>PUBLICATION DATE:</b> 5/5/2021

#### SCOPE

This policy applies to all Central Maine Healthcare Corporation facilities, practices, entities, and services ("CMHC") and all CMHC team members including volunteers and contracted team members.

#### PURPOSE

The purpose of this policy is to establish testing and quarantine requirements related to travel outside the State of Maine for CMHC team members in compliance with State of Maine Executive Orders.

#### DEFINITIONS

1. **COVID-19 Test** – For purposes of testing for return from travel for CMHC team members, PCR testing is required due to the increased sensitivity of the test. Antigen testing should only be used for symptomatic persons and/or by recommendation of Infection Prevention personnel.
2. **Quarantine** – A period of time when an individual who might have been exposed to the virus is segregated from others in order to prevent the spread of disease that can occur with asymptomatic infection or before the appearance of symptoms.  
Recommendations for quarantine include remaining at home, avoiding public places

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and contact with others, monitoring health and screening for fever or any other symptom of COVID-19.

3. **Essential workers** – Those individuals who work in a critical infrastructure setting, such as healthcare.
4. **Team member** – Any employee, volunteer, contractor, or medical staff member providing services at any CMHC facility. All team members are considered essential workers under this policy.

## PROCEDURE/PROCESS

1. **State of Maine Testing and Quarantine Requirements:** Visitors and Maine residents entering Maine from a non-exempt state must quarantine for 10 days; be fully vaccinated and 14 days or more post last dose of vaccine; or provide a negative COVID-19 test result collected no more than 72 hours before entering the state except as described in Section 2.
2. Team members are exempt from testing and quarantine if they are traveling to Maine to perform essential work or are from Maine and are traveling out of state for essential work and returning home.
3. Team members traveling to and from Maine for purposes other than essential work are subject to the test or quarantine requirements of the State of Maine. Team members who are not vaccinated or have not received a negative test result upon returning to Maine must quarantine for 10 days when not performing essential work. If a team member whose primary residence is outside of the State of Maine engages in non-essential travel from their primary residence, then they must follow the testing or quarantine requirements when they return to the State of Maine.
4. Team members returning after international travel must follow U.S. CDC recommendations or requirements for higher risk travel in addition to any state requirements.  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>
5. No testing or quarantine is needed when entering Maine from states that are exempt due to their similar prevalence of active COVID-19 cases.

For an up to date list of exempt states visit the following link:

<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/travel.shtml>

## SPECIAL CONSIDERATIONS

1. Portland Jetport conducts PCR tests by appointment only (<https://app.promericahealth.com/portal/~xbrjb>). Please make arrangements to conduct your test at the jetport upon your arrival and / or another alternative location.

## DISCLAIMER STATEMENTS

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Extenuating circumstances may necessitate deviation from the terms of a guideline. It is understood that emergent situations may occur, which require immediate resolution. Where applicable, appropriate documentation should be created to support the necessity for such deviations.

## CROSS REFERENCES

### REFERENCES AND SOURCES OF EVIDENCE

<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/travel.shtml>

<https://www.maine.gov/covid19/restartingmaine/keepmainehealthy>

<https://www.cisa.gov/news/2020/08/18/cisa-releases-updated-guidance-essential-critical-infrastructure-workers>

MECDC Healthcare Epidemiology - Attachment A (*Dated 5/5/21, subject to change*)

### REVIEW/APPROVAL SUMMARY

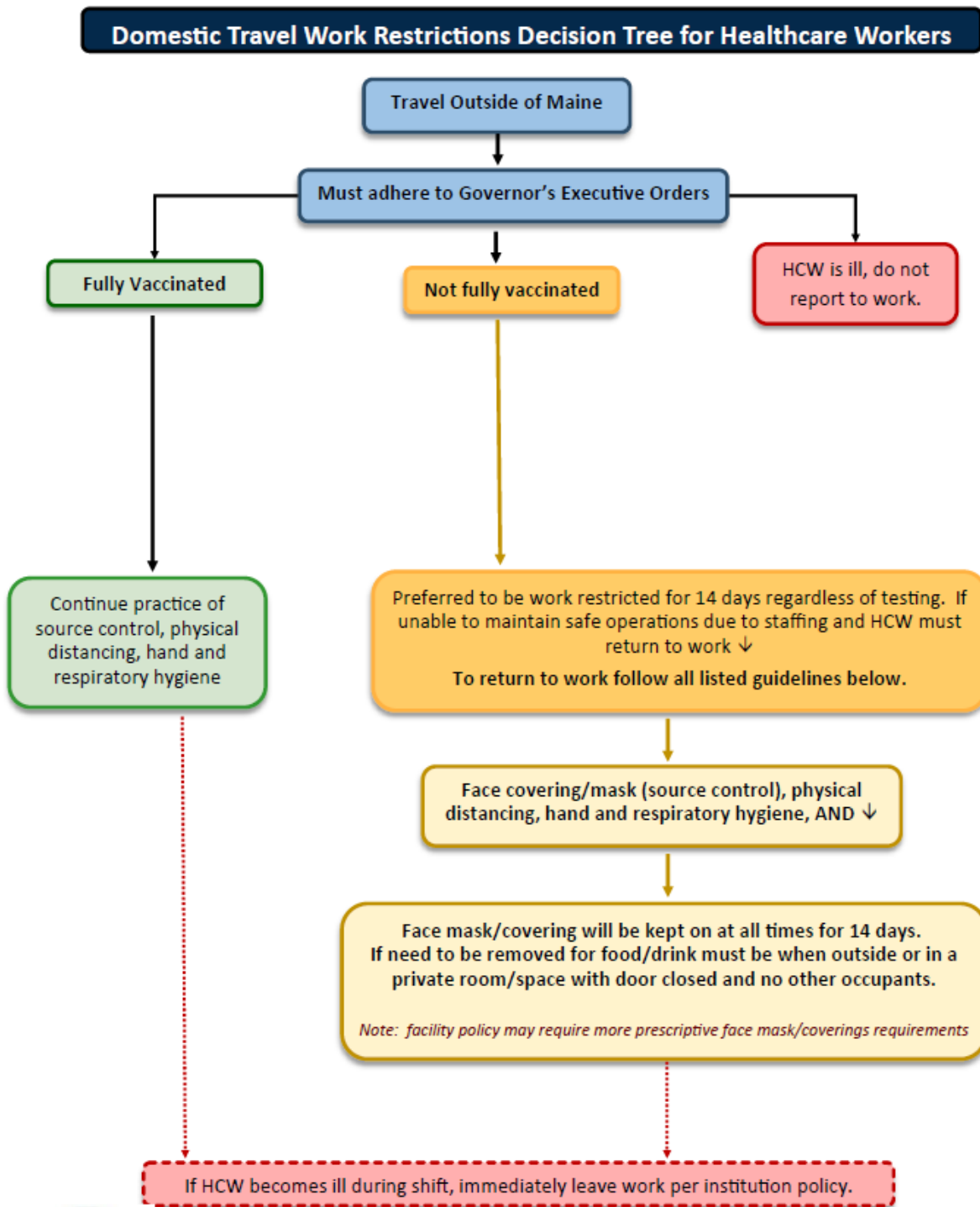
<b>SUPERSEDES:</b>	
<b>REVIEW/REVISION DATES</b> ( <i>dates in parentheses include review but no revision</i> ): 4/28/21, 5/5/21	
<b>APPROVAL BODY(IES):</b> Compliance Council, Policy Review Council, Incident Command	<b>APPROVAL DATE:</b> 5/5/2021

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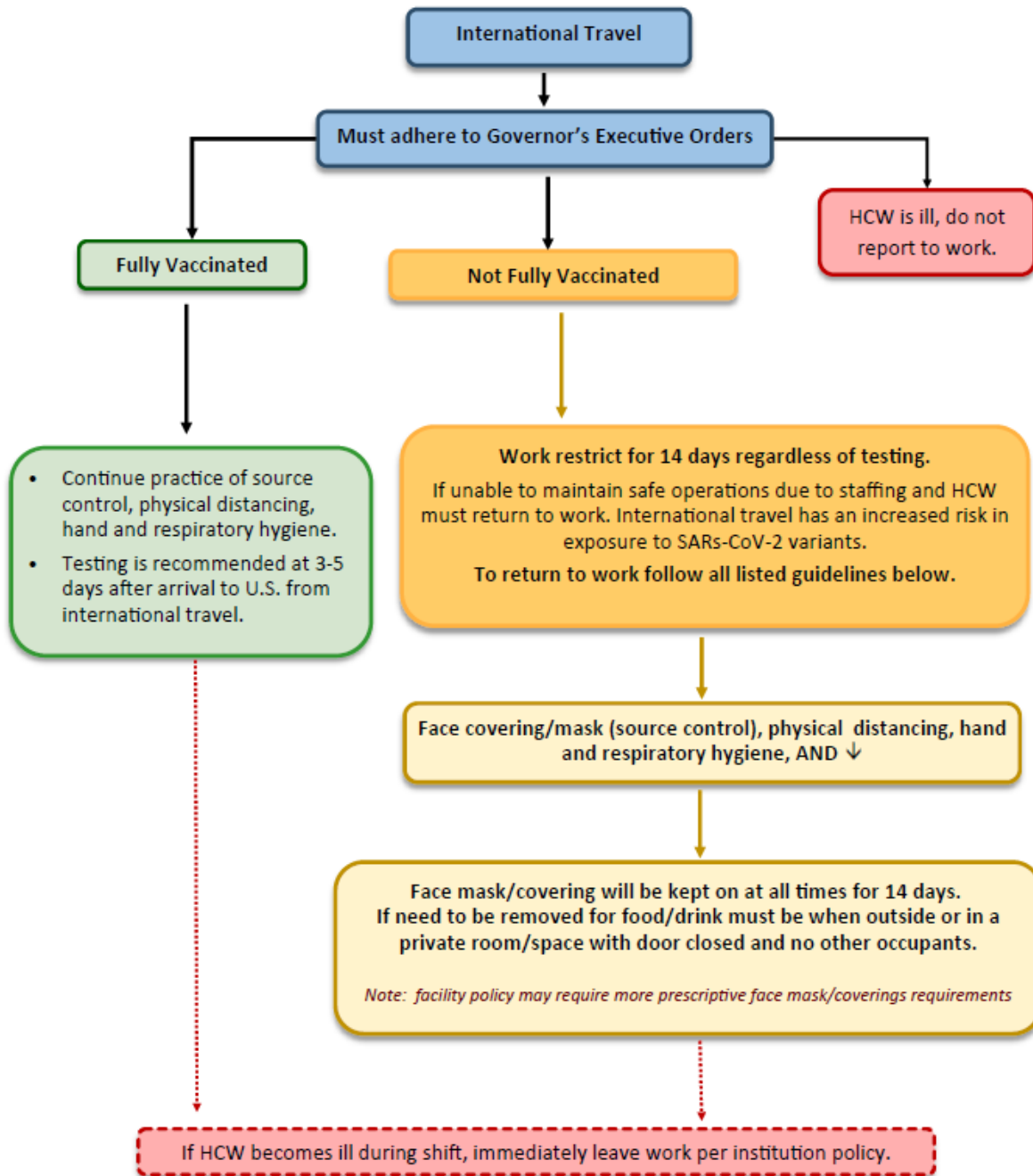
## Attachment A



MeCDC Healthcare Epidemiology 5/5/2021

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## International Travel Work Restrictions Decision Tree for Healthcare Workers



MeCDC Healthcare Epidemiology 5/5/2021

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