

Help prevent the spread of COVID-19.

COVID-19 Quarantine Guidance for the General Public:



Exposed to COVID-19...

Everyone will follow the below guidance, regardless of vaccination status or if you have had a previous infection.

- Quarantine is no longer required nor recommended
- After an exposure to COVID-19 infection...
 - Wear a well-fitting mask around others for 10 days.
 - Take extra precautions if you will be around individuals who are more likely to get very sick from COVID-19
 - Get tested on Day 6 or later after exposure
 - If your antigen (at-home) test is negative, it is recommended to repeat the test 48 hours later. These tests were designed to be used in a series (i.e. serial testing). For more information, click [here](#).

If you had COVID-19 in the last 90 days:

- Use antigen tests (PCR tests may be too sensitive)
- If it has been 30 days or less, testing is not recommended to detect a new infection after an exposure (if asymptomatic)
- If it has been more than 30 days since your infection OR you have COVID-19 symptoms, you should test on Day 6 or later.

If you develop symptoms, get a test and stay home.

For more information visit:
<https://www.mass.gov/isol8>



Greater Boroughs
Partnership for Health

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COVID-19 Isolation Guidelines for the General Public:

You need to stay home and test if you have:

Fever 100.0F or higher/chills
Difficulty breathing
Shortness of breath
New loss of taste or smell
Muscle or body aches
Cough (not due to other
known cause)

Sore throat*
Nausea/vomiting*
Headache*
Fatigue*
Nasal congestion/runny nose (not
due to other known causes,
such as allergies)*

***In combination with listed symptoms**

Isolation Guidance:

- **Day 0:** first day of symptoms OR the day the positive test was taken, whichever is earlier
- **Days 1-4:** Continue to isolate
- **Day 5:** Last day of isolation if asymptomatic or symptoms are improving
- **Day 6:** Leave isolation (if you are able to wear a mask at all times when you are with other people, including in your household, through day 10)
 - ***You may remove your mask prior to Day 10, if you have had two negative antigen tests taken 48 hours apart. You should wait to take the first test until at least DAY 6.**
 - ***Some cases should isolate longer (i.e. if your symptoms are not improving, you are severely immunocompromised, etc.**

