

# Preventing The Spread of COVID-19

## QUARANTINE

For individuals exposed to someone with COVID-19



### Determine Day 0

(This is last day of exposure to someone who tested positive for COVID-19. Exposure is 15 minutes or more within 6' of positive person cummulatively over 24-hour period regardless of masking.)

**Unvaccinated OR  
Individuals who are 6+ months  
after Pfizer/Moderna primary  
series or 2+ months after J&J and  
not yet boosted**

**Individuals who have been boosted  
OR  
completed Pfizer/Moderna series  
within the last 6 months OR  
received J&J within last 2 months**

**Stay home through Day 5 (total of 6 days counting Day 0).**

**After that, continue to wear a well-fitting mask around others for 5 additional days.**

**Test on Day 5, if possible.**

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

**Wear a well-fitting mask around others for 10 days.**

**Test on Day 5, if possible.**

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

**For more information visit**

<https://www.mass.gov/info-details/what-to-do-if-you-have-covid-19-or-have-been-exposed-to-covid-19>

**NOTE: AT THIS TIME, QUARANTINE GUIDANCE FOR K-12 SCHOOLS REMAINS UNCHANGED.**



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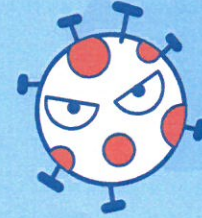
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# Preventing The Spread of COVID-19



## ISOLATION

For individuals who test positive for COVID-19



### Determine Day 0

(This is your first day of symptoms or if asymptomatic, the day of positive test. )

Stay home through Day 5.  
This is a total of 6 days counting Day 0 .

If you have no symptoms or your symptoms are resolving after Day 5, you can leave your house provided you continue to wear a well-fitting mask around others through Day 10.

If ALL of your symptoms have not resolved or improved by Day 5, continue to stay home until they do. Wear a well-fitting mask when around others through Day 10. If you have a fever, stay home until your fever resolves.

Monitor your symptoms. If you have an **emergency warning sign** (including trouble breathing), seek emergency medical care immediately.

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