

Help prevent the spread of COVID-19.

COVID-19 Quarantine Guidance for the General Public:

Close contact is 15 + minutes within 6 feet of a positive person cumulatively over a 24-hour period, regardless of masking.



Exposed to COVID-19...

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

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 (after exposure).

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

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

Test on Day 5 (after exposure).

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

Exempt from quarantine:

*Asymptomatic & vaccinated

*Had Covid in the past 90 days

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 if you have:

New cough*
Fever 100.0F or higher/chills
Shortness of breath
New loss of taste or smell
Muscle or body aches

Nausea/vomiting/diarrhea*
Sore throat*
Headache*
Congestion/runny nose*
Fatigue*

***In combination with listed symptoms**

When can I return to work?

Positive Test

Return on day 6
(from symptom onset or + test)

IF

No fever for
24 hours
without the
use of
medication

AND

Symptoms have
significantly
improved

Negative Test

May return when:
Symptoms have
improved

AND

No fever for
24 hours
without the
use of
medication

OR

Doctor's note
indicating
alternative diagnosis

No Test

Return on day 6
(from symptom onset)

IF

No fever for
24 hours
without the
use of
medications

AND

Symptoms have
significantly
improved

**Mask for 10 days from positive test or onset of symptoms
Tests can be PCR or antigen (home test accepted if asymptomatic)**