



## You received a positive COVID-19 test result... now what?

### Learn about:

- COVID-19 test types
- Isolation and Quarantine guidelines – *New!*
- Notifying your close contacts

*You've received a positive COVID-19 test result from either an at-home rapid antigen test that you administered yourself, or a molecular test such as a PCR, administered by a medical professional (and processed in a lab) ...what should you do next?*

*The CDC updated and shortened the recommended Isolation and Quarantine period for the general population on 12-27-2021, details can be found here and are listed below. The Massachusetts Department of Public Health has adopted the CDC's guidelines:*

### If You Test Positive for COVID-19 (Isolate)

**Everyone, regardless of vaccination status.**

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolved after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

*If you have a fever, continue to stay home until your fever resolves.*

### If You Were Exposed to Someone with COVID-19 (Quarantine)

**If you:**

Have been boosted

**OR**

Completed the primary series of Pfizer or Moderna vaccine less than 6 months ago

**OR**

Completed the primary series of J&J vaccine less than 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

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

**If you:**

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

**OR**

Completed the primary series of J&J over 2 months ago and are not boosted

**OR**

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

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

If you have tested positive for COVID-19 and are unvaccinated or vaccinated but in need of a booster vaccine to strengthen your immunity, we urge you to obtain your vaccine(s) as soon as you have completed your isolation and are symptom free. Vaccination locations may be found at [vaxfinder.mass.gov](https://vaxfinder.mass.gov), urgent care centers, pharmacies such as CVS and Walgreens, your primary care office and others.

**TELL YOUR CLOSE CONTACTS!**

The CDC has provided a [flyer](#) on how to talk to your close contacts if you have COVID-19.

Tell your [close contacts](#) that they may have been exposed to the virus that causes COVID-19. A person with COVID-19 can infect others starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By telling your close contacts they may have been exposed, you are helping to protect everyone.

If you would like to notify close contacts anonymously, public health experts in San Francisco offer a site called [tellyourcontacts.org](https://tellyourcontacts.org) where you may text or email them. In Massachusetts, you can download [MassNotify](#), a smartphone app that can notify you if you have been exposed to COVID-19. You may also use this app to notify a contact anonymously that you have received a positive PCR test. In the near future, you will be able to use this app to notify a close contact if you have received a positive at-home test result.

Best wishes for a happy and healthy 2022.