

# COVID-19 Isolation Guidance Updates

If you test positive for COVID-19 on either a Rapid Antigen or PCR test, you are required to self-isolate - regardless of vaccination status.

## Isolation Timeline

**Day 0:** First day of symptom onset **OR** day the positive test was taken, whichever is earlier

**Days 1-4:** Continue to isolate

- Wear a mask\* around others for 10 days (including in the household)
- Do not leave the home, except to receive medical care

**Day 5:** Last day of isolation **IF:**

- You continue to be asymptomatic
- Your symptoms are improving and you are fever-free for 24 hours (without using fever-reducing medication)
- If your symptoms persist, continue isolating until they improve

**Day 6:** Leave isolation if you meet symptom criteria (see above)\*\*

- Continue to wear a well-fitting mask when around others or in public, through day 10
- You may remove your mask after day 6 and prior to day 10 **IF** you have two negative tests taken 48 hours apart

\*If you are unable to mask, stay home and isolate for 10 days

\*\*You cannot test out of isolation early

Visit: <https://www.mass.gov/info-details/covid-19-isolation-and-exposure-guidance-for-the-general-public>

Updated information on what to do if you have tested positive:

[MDPH website](#)

[CDC Website](#)

# COVID-19 Quarantine Guidance Updates

If you have been exposed to someone with COVID-19, you do not need to quarantine as long as you remain asymptomatic, regardless of vaccination status.

**If you have been exposed, start precautions immediately:**

## Masking

- Wear a high-quality mask for **10 days** from the first day of the exposure
- Wear a mask any time you are around others inside your home or indoors in public

## Watch for symptoms

- Fever (100.4°F), cough, shortness of breath, etc.
- If you develop symptoms:
  - Isolate immediately
  - Get tested
  - Stay home until you know the result
  - If the result is positive, follow isolation recommendations

## Testing

- Get tested **on day 6 after your last exposure**, even if you don't develop symptoms

Updated information on what to do if you been exposed:

[MDPH website](#)

[CDC Website](#)

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