

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.

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>



**Greater Boroughs
Partnership for Health**

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