

ISOLATION GUIDANCE If you Test Positive for COVID-19 per Mass.gov and Marblehead Board of Health

Everyone, regardless of vaccination status:

Stay home for 5 days (Day 0 is your test date).

If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house on Day 6.

BUT continue to wear a mask around others for 5 additional days indoors and outdoors.

.
If you have a fever, continue to stay home until your fever resolves without any fever reducing medications like Tylenol or Advil.

Please see the chart below to help you figure out your Isolation dates.

QUARANTINE and EXEMPTION GUIDANCE if you are identified as a close contact to a positive COVID 19 case per DESE

DURATION: Quarantine is for at least 5 days from the date of last exposure.

RETURN TO SCHOOL: On day 6 provided you:

- Remain asymptomatic and
- Conduct active monitoring for symptoms through day 10, self-isolate if symptoms develop, and adhere to **strict mask** use for an additional 5 days while indoors and outdoors.
- If symptoms develop you must obtain a test and seek guidance from your primary care office.

QUARANTINE EXEMPTIONS Per DESE GUIDANCE:

- **Asymptomatic, fully vaccinated close contacts:** Individuals who are asymptomatic and fully vaccinated are exempt from testing and quarantine response protocols.
- **Classroom close contacts:** An individual who is exposed to a COVID-19 positive individual in the classroom while both individuals were masked, so long as the individuals were spaced at least 3 feet apart, is exempt from testing and quarantine response protocols.
- **Bus close contacts:** Individuals on buses must be masked according to federal requirements. As such, individuals who are masked on buses when windows are open are exempt from testing and quarantine response protocols.
- **Close contacts who have had COVID-19 within the past 90 days:** An individual who has been previously diagnosed with COVID-19 and then becomes a close contact of someone with COVID-19 is exempt from testing and quarantine response protocols if:
 - The exposure occurred within 90 days of the onset of their own illness AND the exposed individual is recovered and remains without COVID-19 symptoms.

Isolation/Quarantine Timeline

Name: _____

Date of birth: _____

Isolation/ Quarantine Dates for Positive/ Exposed Covid-19 Case

Test Date / Final Exposure *						Can exit isolation provided symptoms are much improved or resolved **
Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6-10

* Test Date - For students in isolation, date that test is positive
 Final Exposure - for students in quarantine, date last exposed to positive case

** Fever free without the use of fever reducing medication for 24 hours, no excessive coughing