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## **Isolation Guidance for COVID-19 Positive Individuals**

**Because you have had a positive test for COVID-19 you must isolate from others.** This means you must be alone, without direct contact with anyone else, until you can no longer spread the virus. If there are other COVID-19 positive individuals in your house you may be able to isolate together. Call the Board of Health to discuss this.

Dates for the beginning and ending of your isolation have been sent via email.

You must stay home for ten days so you do not spread the virus to others. Please share the documents we have provided relating to close contacts and the general COVID-19 Resource with your friends/family/close contacts.

Following your isolation period you can return to work/school/normal activities. You do not need another test. If you tested positive on a self-test we recommend seeking a confirmatory PCR or NAAT-type test for confirmation/documentation.

### **Take these steps when self-isolating:**

- Stay at home and use a separate bedroom and bathroom if possible. Mask in common areas.
- Stay at least 6 feet away from other people in the house.
- Do not leave your house to go to school, work or run errands.
- Do not have any visitors to your house during this time.
- Wash your hands frequently with soap and water for at least 20 seconds. Do not share eating or drinking utensils with anybody.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean surfaces that you touch every day with a household disinfectant.
- Make a list of everyone you have been close to while indoors (within 6 feet of for at least 15 minutes), since you first got sick. Send them the information we have shared with you.
- Monitor your health closely while you isolate at home. If your symptoms worsen (such as shortness of breath or respiratory distress), contact your medical provider immediately.
- If you need to see your healthcare provider, do not take public transportation, taxis, or ride-shares to get to your appointment.

Additional information is available from the Massachusetts Department of Public Health found [here](#).