Updated COVID-19 Isolation and Quarantine Periods for the General Public

(In accordance with MA Dept. Public Health and CDC Guidelines as of 12/29/21)

What do I do if I have tested positive for COVID-19?
ISOLATE

How to Isolate:
- Stay at home for 5 days from symptom onset date or test date, whichever came first
- If you have no symptoms, or your symptoms resolve after 5 days, you can leave your house
- Continue to wear a mask when around others for an additional 5 days
- If you have a fever, stay home until you are fever-free for 24 hours without fever reducing medication

Anyone who tests positive for COVID-19, regardless of vaccination status, must isolate!

Dedham Health Department
Prevent. Promote. Protect.

What do I do if I have been exposed to someone infected with COVID-19?
QUARANTINE

How to quarantine if you have been boosted or recently vaccinated:
- If you have been boosted OR completed the primary series of the Moderna or Pfizer vaccine within the last 6 months OR completed the primary series of the J&J vaccine within the last 2 months:
  - Wear a mask around others for 10 days
  - If possible, test on day 5
  - ***If you develop symptoms, get tested and stay home***

How to quarantine if you are unvaccinated, not boosted, or were not vaccinated recently:
- 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 and 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 tested and stay home***