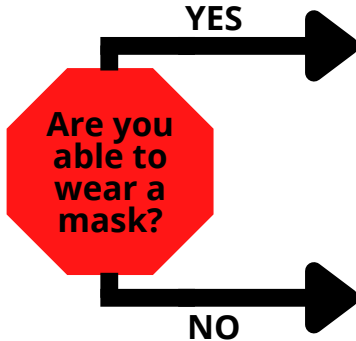


Updated COVID-19 Quarantine Periods for the General Public

(In accordance with MA Dept. Public Health and CDC Guidelines as of 5/24/22)

Follow these guidelines if you are:

"Up-to-date" on COVID-19 vaccinations* and you test POSITIVE



- **No quarantine requirement**

- Wear a mask around others for 10 days (including in the household).
- Rapid antigen or PCR on day 5. If positive test, follow Isolation Guidance.
- Isolate and take a rapid antigen or PCR test anytime symptoms develop. If positive test, follow Isolation Guidance.

- **Quarantine for 10 days after the exposure**

- Can end quarantine prior to day 10 if test negative on or after Day 5.
- If positive test, follow Isolation Guidance. If no test on or after day 5, must quarantine full 10 days.
- Isolate and take a rapid antigen or PCR test anytime symptoms develop. If positive test, follow Isolation Guidance.



**Dedham Health
Department**

Prevent. Promote. Protect.

*"Up-to-date" means you have:

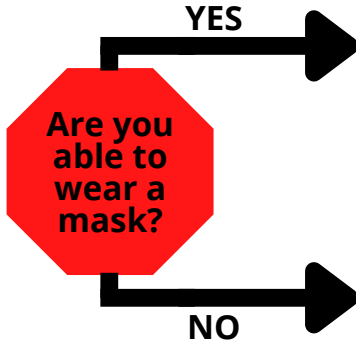
- Completed the primary series of Pfizer, Moderna or J&J vaccine AND a booster dose **OR**
- Completed the primary series of Pfizer or Moderna vaccine within the last 5 months **OR**
- Completed the primary series of J&J vaccine within the last 2 months

Updated COVID-19 Quarantine Periods for the General Public

(In accordance with MA Dept. Public Health and CDC Guidelines as of 5/24/22)

Follow these guidelines if you are:

Not "Up-to-date" on COVID-19 vaccinations* or Unvaccinated and you test POSITIVE



- **Quarantine for 5 days after the exposure**
 - Wear a mask during quarantine and for an additional 5 days when around others (including in the household).
 - Take a rapid antigen or PCR test on day 5. If positive test, follow Isolation Guidance.
 - Isolate and take a rapid antigen or PCR test anytime symptoms develop. If positive test, follow Isolation Guidance.
-
- **Quarantine for 10 days after the exposure**
 - Can end quarantine prior to day 10 if test negative on or after Day 5.
 - If positive test, follow Isolation Guidance. If no test on or after day 5, must quarantine full 10 days.
 - Isolate and take a rapid antigen or PCR test anytime symptoms develop. If positive test, follow Isolation Guidance.



**Dedham Health
Department**

Prevent. Promote. Protect.

*"Up-to-date" means you have:

- Completed the primary series of Pfizer, Moderna or J&J vaccine AND a booster dose **OR**
- Completed the primary series of Pfizer or Moderna vaccine within the last 5 months **OR**
- Completed the primary series of J&J vaccine within the last 2 months

Updated COVID-19 Isolation Guidelines for the General Public

(In accordance with MA Dept. Public Health and CDC Guidelines as of 5/24/22)

Follow these guidelines if you are:

Test POSITIVE (**REGARDLESS OF VACCINATION STATUS**)



Are you able to wear a mask?

YES

NO

- **Stay home and isolate for at least the first 5 days**
- If you never had symptoms or symptoms are improving,* may resume most usual activities (except those that do not allow mask wearing) on day 6**
- Wear a mask around others for 10 days (including in the household)

- **Stay home and isolate for 10 days**
- If you never had symptoms or symptoms are improving,* you may resume usual activities on day 11
- Wear a mask around others in the household for 10 days

*If you have or develop symptoms, you must continue to stay home, potentially beyond the 5 or 10 days, until you have not had a fever for 24-hours without the use of fever reducing medicine and your other symptoms are improving.

** Testing during isolation is not required. If you test on day 5 and are positive, you must continue to isolate. You may choose to retest sometime between days 6-9 and can resume normal activities while wearing a mask when you test negative or isolate for the full 10 days without retesting.

***Whether the individual is unable to consistently wear a mask due to young age or medical or behavioral condition



**Dedham Health
Department**

Prevent. Promote. Protect.