

Preventing The Spread of COVID-19

QUARANTINE

For individuals exposed to someone with COVID-19



Determine Day 0

(This is last day of exposure to someone who tested positive for COVID-19. Exposure is 15 minutes or more within 6' of positive person cummulative over 24-hour period regardless of masking.)

**Unvaccinated OR
Individuals who are 6+ months
after Pfizer/Moderna primary
series or 2+ months after J&J and
not yet boosted**

**Stay home through Day 5 (total of 6
days counting Day 0).**

**After that, continue to wear a well-
fitting mask around others for 5
additional days.**

Test on Day 5, if possible.

**If you develop symptoms, get a test
and stay home.**

**Individuals who have been boosted
OR
completed Pfizer/Moderna series
within the last 6 months OR
received J&J within last 2 months**

**Wear a well-fitting mask around
others for 10 days.**

Test on Day 5, if possible.

**If you develop symptoms, get a test
and stay home.**

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>

NOTE: AT THIS TIME, QUARANTINE GUIDANCE FOR K-12 SCHOOLS REMAINS UNCHANGED.

revised 12/29/2021