

Isolation and Quarantine Guidance - Cambridge Public Health Department (CPHD)

If You Have COVID-19 - ISOLATE:

Who	Guidance
EVERYONE, regardless of vaccination status:	<ul style="list-style-type: none">● Stay home and stay away from others for 5 days.● On day 6, if you have no symptoms, CDC guidance allows you to leave home.● CPHD strongly recommends taking a home test on day 6 (also called a rapid antigen test) and receiving a negative result before ending home isolation. <i>(See notes on ending home isolation or quarantine on the next page.)</i>● Wear a mask around others for a full 10 days after your positive test or your symptoms began. CPHD strongly recommends wearing a well-fitting, high quality mask, such as a KF94, KN95, or N95 mask. CPHD discourages the use of cloth masks because they do not provide adequate protection.● If you have symptoms, or your rapid test is positive, you should continue to stay home. You may retest in 24-48 hours.
YOU SHOULD ALSO:	<ul style="list-style-type: none">● Inform any close contacts that you tested positive for COVID-19 or have COVID-19 symptoms.● A close contact is someone who was less than 6 feet away from a person with COVID-19 for a total of 15 minutes or more over a 24-hour period. A person with COVID-19 can begin spreading the virus starting 48 hours (or 2 days) before the person feels sick or tests positive.● Tell your healthcare provider about your positive test result and stay in contact with them.● If you are feeling very sick, call your primary care provider. If you have trouble breathing, go to your local emergency room or call 911.
<p><i>Positive home test results do not need to be reported to the Cambridge Public Health Department. However, you should still follow the above guidance, and can contact us with any questions.</i></p>	

How to count days for isolation and quarantine:

- If you have COVID-19, day 0 of **isolation** is the first day you had symptoms OR the day you tested positive, whichever came first. If you had no symptoms but tested positive on a Monday, for example, Saturday would be day 5 of your isolation.
- If you were exposed to COVID-19, day 0 of **quarantine** would be the day you were exposed.
- If you were exposed to COVID-19 and later developed COVID-19, you would move from the quarantine (exposed) category to the isolation (infected) category. Your days would “reset”, and day 0 of your isolation period would be the first day you had symptoms OR the day you tested positive, whichever came first. For example, if you were exposed to COVID-19 on a Monday, this would be day 0 of your quarantine period. If you then tested positive on Wednesday, Wednesday would become day 0 of your isolation period.
- Once you have tested positive via a PCR test, you should not take another PCR test for 90 days. You are likely to retest positive via PCR during this time period even if you are no longer infectious. If you are still symptomatic, please continue to isolate. If your symptoms have resolved, you may take a rapid antigen test (home test) if you would like to assess if you are still infectious.

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If You Have Been Exposed to COVID-19 - GUIDANCE (differs by vaccination status):

Who	Guidance
<p>If you: Received a booster shot of any COVID-19 vaccine OR Completed the primary series of Pfizer or Moderna vaccine <u>within</u> the last 5 months OR Completed the primary series of J&J vaccine <u>within</u> the last 2 months OR Had confirmed COVID-19 within the last 90 days</p>	<ul style="list-style-type: none"> ● Wear a mask around others for 10 days. CPHD strongly recommends wearing a well-fitting, high quality mask, such as a KF94, KN95, or N95 mask and discourages the use of cloth masks. ● Test on Day 5, if possible, with either a PCR or rapid test. <p><i>If you develop symptoms, get a test and stay home. If you test positive, follow guidelines for isolation.</i></p>
<p>If you: Completed the primary series of Pfizer or Moderna vaccine <u>over 5 months ago</u> and are not boosted OR Received a single dose of J&J <u>over 2 months ago</u> and are not boosted OR Are unvaccinated</p>	<ul style="list-style-type: none"> ● Quarantine: Stay home for 5 days and wear a mask around others. After that continue to wear a mask around others for 5 additional days, for a total of 10 days. CPHD strongly recommends wearing a well-fitting, high quality mask, such as a KF94, KN95, or N95 mask and discourages the use of cloth masks. ● Test on Day 5, if possible. ● If you can't quarantine, you must wear a mask around others for 10 days. <p><i>If you develop symptoms, get a test and stay home. If you test positive, follow guidelines for isolation.</i></p>

Notes on ending home isolation or quarantine, for Days 6-10:

- Wear a mask
- Avoid eating around others in any setting, including restaurants
- Avoid travel
- Avoid being around people who are at high risk
- Wear a high-quality mask in any setting

Cambridge residents who have food or supply needs due to COVID-19 should contact the Cambridge Economic Opportunity Committee (CEOC) at 617-868-2900.

If you have any questions, please leave a voicemail for the Cambridge Public Health Department at 617-665-3826 and someone will return your call.