What to do if you test POSITIVE for Covid-19:

A positive COVID-19 test means the virus was detected and **you need to isolate**.

- Isolate immediately.
- Take precautions including wearing a mask to protect others from getting infected.
- Tell the people that you had recent contact with that they may have been exposed.
- Contact your healthcare provider for recommendations and possible treatment.

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home.

- **Day 0** - first day of symptoms **OR** day the positive test was taken, whichever date is earlier.
- **Days 1-4** - continue to isolate.
- **Day 5** - last day of isolation if asymptomatic or symptoms are improving including no fever without the use of fever reducing medications.
- **Day 6** - may leave isolation and return to work or school if you are able to wear a mask at all times when around other people, including in your household, through day 10.

After you have ended isolation, if your COVID-19 symptoms recur or worsen, restart your isolation at day 0 and contact your primary care provider.

Possible symptoms:

- Fever or chills
- Cough
- Shortness of breath
- Difficulty Breathing
- Fatigue
- Muscle or body aches

- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Additional information:

www.mass.gov/info-details/covid-19-isolation-and-exposure-guidance-for-children-and-staff-in-child-care-k-12-out-of-school-time-ost-and-recreational-campprogram-settings