

## What to Do If You or a Close Contact Tests Positive for COVID-19

If you test positive for COVID-19 or were in close contact with someone who has, the Somerville Public Schools have some important reminders for you:

### If you test positive for COVID-19, *whether vaccinated or not*:

-**You need to stay home, in a separate room from others**, and keep your distance from other people in your house (eat alone and wear a mask if you leave your room). This is called **isolation**. You cannot attend school or work or have visitors. You should only leave for urgent medical appointments.

-**You should answer the phone if a public health nurse or contact tracer calls**. They can help you stay safe, assist in figuring out who to notify, help you obtain food or other supplies and answer questions about the virus.

-**You should notify anyone you might have exposed to the virus**. These people include your household members and anyone you spent more than 15 minutes with indoors if you were not able to maintain 6 feet of distance in the 2 days before you started to feel sick, up until the day you started isolating. If you do **not** have symptoms, it would be 2 days prior to the day you took your COVID-19 test up until the day you started isolating.

-**If you have symptoms, you must isolate for a minimum of 5 days** from when your symptoms started. For instance, if you started feeling tired and had a scratchy throat on 8/1, you would isolate at home through 8/6 and return to regular activities 8/7 as long as your symptoms have **improved** and you are **fever-free for 24 hours** without the use of fever-reducing medication such as ibuprofen (Advil, Motrin) or acetaminophen (Tylenol). In addition, you must wear a mask around others for an additional 5 days. Students not able to wear a mask will isolate for 10 days **unless they have a negative test on Day 5**.

-**If you do NOT have symptoms**, you should isolate for 5 days from the day you had your positive COVID-19 test. For instance, if you were tested 8/1, you would isolate through 8/6 and resume regular activities on 8/7. However, you must continue to wear a mask around others for an additional 5 days. Students not able to wear a mask will isolate for 10 days **unless they have a negative test on Day 5**.

*If an individual has access to a test and wants to test, the best approach is to use an antigen test on Day 5 of the isolation period. If the test result is positive, continue to isolate through Day 10 and return to school on Day 11.*

### If you are a contact of someone with COVID-19:

If you are told you are a close contact of someone with COVID-19, you do not need to quarantine, but you must wear a mask around others for 10 days. If you start to feel sick or develop symptoms, you should test. If positive, follow the guidance above.

*For ALL close contacts, best practice would include a test at **Days 2 and 5** after exposure.*

**Last reviewed:** 5/25/22