

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** and keep your distance from other people in your house. This is called **isolation**. You cannot attend school or work. 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. *Please note: the rules for school contacts are different and school will handle identifying close contacts at school.*

-**If you have symptoms, you must isolate for a minimum of 10 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 8/11 and return to regular activities 8/12. In addition, your symptoms need to have **improved** and you must be **fever-free for 24 hours** without the use of fever-reducing medication such as ibuprofen (Advil, Motrin) or acetaminophen (Tylenol).

-**If you do NOT have symptoms**, you should isolate for 10 days from the day you had your positive COVID-19 test. For instance, if you were tested 8/1, you would isolate through 8/11 and resume regular activities on 8/12.

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

-**If you are fully vaccinated** (ie: 14 days past your 2nd dose of Moderna or Pfizer vaccine, or 14 days past your Johnson & Johnson vaccine) and are told you are a close contact of someone with COVID-19, you do not need to quarantine. Instead, you should monitor yourself for symptoms and get tested 3-5 days after exposure. If you start to feel sick or develop symptoms, you should get tested and isolate yourself until you have the results. If positive, follow the guidance above.

-**If you are NOT fully vaccinated**, you should remain at home and keep your distance from other people in your house. This is called quarantine. You should monitor yourself for symptoms and get tested 5 days after exposure to the person with COVID-19. If you remain **symptom free** and your test is **negative**, you must remain in quarantine through Day 7 post-exposure and return to normal activities on Day 8. For instance, if you were exposed to the infected person on 8/1, and tested negative 8/6, you would quarantine through 8/8 and return to regular activities 8/9. If you do not get tested during your quarantine, but never develop symptoms, you must remain at home for 10 days following exposure to the infected person. If you develop symptoms, but do not get tested, you must remain at home for 14 days.

Please note that all unvaccinated household members of a student who tests positive for COVID-19 must quarantine. This means unvaccinated siblings cannot attend school until a public health or school official clears them.

These isolation and quarantine measures are essential for slowing the spread of COVID-19 and are required under state law.

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