

## 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. *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 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.

-**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.

*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 fully vaccinated** (ie: 14 days past your 2<sup>nd</sup> 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, but you must wear a mask around others for 10 days. 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 for 5 days from the date of exposure. This is called quarantine. You can return to school on Day 6, provided you have had no symptoms and adhere to strict mask use for an additional 5 days. If you start to feel sick or develop symptoms, you should get tested (PCR or antigen) and isolate yourself until you have the results. If positive, follow the guidance above.

*For ALL close contacts, best practice would include an antigen or PCR test at Day 5 after exposure.*

**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.**

Last reviewed: 1/11/22