

Policy for Staff Who Develop Symptoms at Home

If you develop any of the symptoms in bold, or any combination of symptoms, even if fully vaccinated, please stay home and obtain a COVID-19 test:

- **Fever (100.0° Fahrenheit or higher), chills, or shaking chills**
- **Difficulty breathing or shortness of breath**
- **New loss of taste or smell**
- **Muscle aches or body aches**
- Cough (not due to other known cause, such as chronic cough)
- Sore throat, *when in combination with other symptoms*
- Nausea, vomiting, or diarrhea *when in combination with other symptoms*
- Headache *when in combination with other symptoms*
- Fatigue, *when in combination with other symptoms*
- Nasal congestion or runny nose (not due to other known causes, such as allergies) *when in combination with other symptoms*

A PCR is preferred, but a rapid antigen test is acceptable.

A free **PCR test** can be obtained at the Somerville Health & Human Services Department, 50 Evergreen Avenue, across from Winter Hill Community School. Special hours have been set aside for SPS families and staff, but you will need to notify your School Nurse if you plan to go:

Tuesdays, from 1-2 pm and Thursdays, from 3-4 pm. Later hours are available by appointment.

For more information, please visit the city website:

<https://www.somervillema.gov/covid19testing>.

In addition, there are test sites in other communities and home tests that can be sent to you overnight.

Please visit the state website for more information: <https://www.mass.gov/info-details/find-a-covid-19-test>.

If your test is **positive**, you must remain at home in isolation for a minimum of 5 days from symptom onset whether you are vaccinated or unvaccinated.

If your test is **negative** and you are **fully vaccinated**, you can return as soon as symptoms improve and you are fever free for 24 hours without the use of fever-reducing medication.

If your test is negative and you are either partially vaccinated or unvaccinated, you can return as above UNLESS you are the close contact to a confirmed case of COVID-19. In that situation, you would need to stay home in quarantine for 14 days from date of exposure.