



# CITY OF NORTHAMPTON

## PUBLIC HEALTH DEPARTMENT

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Northampton Public Health  
Prevent · Promote · Protect

## Massachusetts Department of Public Health COVID-19 Quarantine and Isolation Requirements Effective December 28, 2021

On December 28, 2021, the Centers for Disease Control and Prevention adjusted both the recommended time for isolation for individuals with COVID-19, as well as the recommended requirements for quarantine following exposure. The Commonwealth of Massachusetts has now formally adopted these changes. More detailed information can be found at [Mass.gov/ISOL8](https://www.mass.gov/ISOL8).

Please refer to the guidance below to determine the most appropriate isolation or quarantine period based on your exposure, testing status, symptom presentation, and vaccination status.

ISOLATION (You have tested positive for COVID-19)	
<p>All individuals, regardless of vaccination status, are required to isolate in response to a positive test for COVID-19.</p> <p>Positive COVID-19 tests include:</p> <ul style="list-style-type: none"> <li>Laboratory molecular tests such as the PCR test</li> <li>Rapid antigen tests performed by or under the supervision of a provider</li> <li>Rapid antigen self-tests performed at home (positive AND negative results of self-tests performed at home should be confirmed by a laboratory molecular [PCR] test if possible)</li> </ul>	<ul style="list-style-type: none"> <li>Isolate for a minimum of <u>5 days</u> from onset of infection. Onset of infection is marked by first positive test or first day of symptoms, whichever occurs first.</li> <li>If you have <u>no symptoms</u> or your symptoms are <u>resolving</u> after 5 days, you may leave isolation.</li> <li>Continue to wear a mask when around others for <u>5 additional days</u>.</li> <li>If you have any significant symptoms of infection, including but not limited to fever, cough, shortness of breath, body aches, you need to continue to isolate until these symptoms resolve for at least 24 hours without medication.</li> </ul>
QUARANTINE (You were exposed to someone with COVID-19)	
<p><b>If you:</b></p> <ul style="list-style-type: none"> <li>Have received your booster dose OR</li> <li>Completed the primary series (2 doses) of mRNA (Pfizer or Moderna) vaccine within the last <u>6 months</u> OR</li> <li>Completed the primary series (1 dose) of J&amp;J vaccine within the last 2 months</li> </ul>	<ul style="list-style-type: none"> <li>Wear a mask around others for 10 days following exposure</li> <li>Obtain a COVID-19 test 5 days or more after exposure</li> <li>Monitor vigilantly for symptoms</li> <li>If you develop any symptoms of illness, stay home and seek testing</li> </ul>
<p><b>If you:</b></p> <ul style="list-style-type: none"> <li>Are unvaccinated or partially vaccinated (have not received a full primary vaccination series at least 14 days prior to your <u>date of exposure</u>)</li> <li>Completed the primary series of mRNA (Pfizer or Moderna) vaccine over 6 months ago and are not boosted</li> <li>Completed the primary series of J&amp;J vaccine over 2 months ago and are not boosted</li> </ul>	<ul style="list-style-type: none"> <li>Stay home for a minimum of <u>5 days</u> after your exposure</li> <li>Continue to wear a mask around others for 5 additional days</li> <li>If you <u>cannot</u> quarantine, you must wear a mask for 10 days</li> <li>Obtain a COVID-19 test 5 days after exposure, and if symptoms develop after exposure</li> <li>Monitor for symptoms vigilantly. If you develop symptoms, get a test and stay home.</li> </ul>