



CONCORD BOARD OF HEALTH

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Public Health
Prevent. Promote. Protect.

Covid-19 Information

12/29/21

MODIFIED GUIDANCE BASED ON CDC

Positive case: ISOLATE

Please stay home and if possible, isolate yourself from others in your household, even if everyone is vaccinated. You must isolate for at least 5 days, with the day you first experienced symptoms or your test date if you didn't have any symptoms, as day 0. On day 6, you can leave isolation (as long as your symptoms have improved, and you are fever-free for 24 hours without the use of fever-reducing medication) You must adhere to strict mask use and wear a full fitted face mask for an additional 5 days, even your home.

Please notify your close contacts that they have been exposed. Close contacts are those within 6 feet of you for 15 minutes or more cumulatively in a 24-hr period, while indoors starting two days before your symptoms started or two days before your test date if you didn't have symptoms.

Close Contacts: QUARANTINE

Unvaccinated

Must quarantine for at least 5 days and continue to wear a mask for an additional 5 days. Test after 5 days.

Partially Vaccinated (did not complete series or not yet boosted)

If you have not completed the booster series, stay home for 5 days and wear mask for an additional 5 days. Test after 5 days if possible

Fully vaccinated and boosted or completed the series within 6 months(J&J 2 months)

Wear a mask around others for 10 days. Test on day 5 is possible

Best Practice

For all those exposed, best practice would also include a test 5 days after exposure. If symptoms occur, individuals should immediately quarantine until a negative test

Helpful link:

[What to do if you have COVID-19 or have been exposed to COVID-19 | Mass.gov](https://www.mass.gov/info-details/what-to-do-if-you-have-covid-19-or-have-been-exposed-to-covid-19)