

## **Massachusetts Covid-19 Quarantine Guidelines (as of 12/7/20)**

### **1. 14 day quarantine**

If you have **covid-19 like symptoms and a negative test or refuse to get a test** ---> you must stay in quarantine from the date of last exposure, and can return after day 14.

### **1. 10 day quarantine**

If you have **NO symptoms and do NOT get a test** ---> you must stay in quarantine from the date of last exposure, and can return after day 10.

### **1. 7 day quarantine**

If you have **NO symptoms and a Negative test on day 5 or later from the date of last exposure** ---> you must stay in quarantine from the date of last exposure, and can return after day 7.

**\*\*\*\*\* Each individual is to continue to observe for symptoms, if anyone develops symptoms after leaving quarantine, they should isolate and get tested.\*\*\*\*\***

**If an individual lives with a positive covid-19 person and can NOT isolate-----> a 10 day isolation still occurs before quarantine time starts.**