

## **COVID-19 Guidelines 2024**

These guidelines are from the Massachusetts Department of Public Health (MDPH). You can find this information on the MDPH website here: <https://www.mass.gov/info-details/staying-home-to-prevent-the-spread-of-respiratory-viruses>.

Please note there are different COVID-19 guidelines for certain populations, like those who work in healthcare or congregate settings. If you're unsure what population you fall under, please check here: <https://www.mass.gov/info-details/covid-19-public-health-guidance-and-directives>.

### When should I test myself for COVID-19?

You develop any symptoms of COVID-19, even if they are mild  
-or-  
On day 6 following an exposure to someone who has tested positive for COVID-19

### What do I do if I **have symptoms** and my COVID-19 test comes back **positive**?

Stay home until you are 24 hours fever-free without fever-reducing medication (if you have a fever)  
-and-  
Your symptoms are improving

Then, you may return to work and normal activity. However, upon returning to work and resuming normal activity, take the extra precaution of wearing a mask while indoors for at least 5 more days.

*\*Important change: you no longer need to re-test yourself for COVID-19 after a positive test in order to return to work or normal activity\**

### What do I do if I **have symptoms** and my COVID-19 test comes back **negative**?

If you administered a self-test, look at the instructions provided within the kit to see if/when you should retest. In the meantime, take every day preventative actions to prevent spreading the illness, like avoiding crowded indoor spaces and wearing a mask.

### What do I do if I **do not have symptoms** and my COVID-19 test comes back **positive**?

You do not need to isolate or quarantine. You can go to work and continue with normal activity as long as you wear a mask while indoors for at least 5 days.

Thank you! Please feel free to call the Health Department with any questions.