



North Brookfield Board of Health COVID-19 Isolation & Quarantine Info

Recent weeks have seen a sharp increase in positive COVID-19 cases in NB, and a renewed need for testing. Please use the isolation & quarantine guidelines outlined below, and reach out to our office if you have any further questions.

We will do our best to help.

Isolation Guidelines

If you TEST POSITIVE for COVID-19 - regardless of vaccination status - please ISOLATE

Isolation separates sick people with a contagious virus from healthy people. You must stay completely away from others, including members of your household.

If you test positive for COVID-19:

- STAY HOME. Isolation lasts for a minimum of 5 days starting from symptom onset or date of positive test, if asymptomatic.
- Only resume activity on day 6 if you have no symptoms or your symptoms are resolving and you are fever-free.

Quarantine Guidelines

If you are EXPOSED to COVID-19 please follow these guidelines

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. It is recommended that you wear a mask when around others.

If you are EXPOSED to someone with COVID –19 and you are NOT vaccinated, or NOT boosted:

- STAY HOME for 5 days. After that, continue to wear a mask for an additional 5 days.
- Get tested for COVID-19 5 days after exposure. If your test is negative and you remain symptom free, you can resume your normal activities and continue to wear a mask for an additional 5 days.
 - If you do not want to get tested, it is recommended that you remain in quarantine at home for 10 days after the exposure. You may resume normal activities on day 11 if you remain completely symptom free.

If you ARE fully vaccinated & boosted and are exposed to someone with COVID-19, you should wear a mask around others for 10 days, and test 5 days after exposure, if possible.