While you wait for your test results

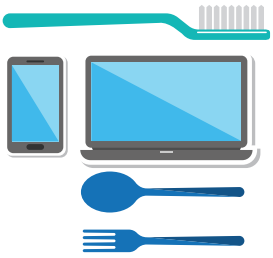
If you are symptomatic or are a close contact of someone who has tested positive for COVID-19, you should start a quarantine and wait for more information

Quarantine lasts until 14 days after the date of your last exposure, but may continue longer if you start experiencing symptoms

Wipe down surfaces that you touch with household cleaners, or bleach diluted in water. COVID-19 can live on surfaces for days

Do not have visitors in your home.

Do not share your things with others in your house.

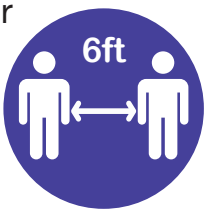


Stay home except for urgent medical care. If you must leave, wear a mask. Make sure to call your doctor before you seek medical care. Do not take public transportation, ride shares, or taxis. If you do not have a car and need emergency transport **call 911**.

Wash your hands throughout the day with soap and water for at least 20 seconds.

If possible, use a separate bedroom and bathroom.

Keep 6 feet distance from other people at all times, even in your home.



Call your doctor if you start feeling sick. Call **911** if you have an emergency.

For more information, visit mass.gov/covid19 or call 2-1-1

Answering the call stops the spread!

If you are confirmed COVID positive

You will be contacted by your Local Health Department or the MA COVID Team

Your identity will be protected

You will be asked to confirm your information and asked about your recent contacts

Someone will be assigned to you if you need support during isolation

Your contacts will be encouraged to get tested and quarantine

Your contacts will get the help they need to quarantine

What to expect if you receive a call from the MA COVID Team or your Local Health Department

You will be asked:

- Confirm your name, address, and date of birth
- Your symptoms and when you got tested
- Where you live and who lives with you
- People you have been around and how best to get in contact with them

You will be informed about:

- Your test results
- How to isolate properly
- How to best protect those you live with
- What to expect regarding follow-up from your Local Health Department or the MA COVID Team

You will NOT be asked for:

- Your social security number
- Your credit card number or bank account details
- Your health insurance plan number or plan ID number
- Your immigration status

For more information, visit mass.gov/covid19 or call 2-1-1