

TOWN OF HINGHAM

Health Department

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What to Do If You Test Positive For Covid-19

Use the table below to estimate your infectious period and when you can likely exit isolation (Day 11).

Calculate Infectious Period:

Date of Test:

(enter on Day 0)

Infectious Period Start		Onset or Test Date										Last Day	Exit
Day -2	Day -1	Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11

Symptomatic Cases: The infectious period begins 2 days before symptom onset through 10 days after, with the day of symptom onset as Day 0. (Symptoms must have resolved 24 hours prior to exiting isolation as well)

Asymptomatic Cases: The infectious period begins 2 days before positive test collection date through 10 days after, with the day of specimen collection as Day 0.

Guidance for a Positive Test:

- Guidance has not changed
- **Stay in self-isolation for 10 days**
- Resume public activities after Day 10 as long as it has been 24 hours without a fever and without taking fever-reducing medications like Tylenol and have experienced improvement in other symptoms, such as a cough that has gotten much better.

Guidance for Close Contacts:

Definition of a Close Contact:

- Someone who was within 6 ft. of an infected person for a cumulative total of 15 minutes or more over a 24 hour period.
- Having direct contact with infectious secretions of a COVID-19 case, such as a cough. Wearing a mask can reduce risk, but does not eliminate exposure completely.

Close Contacts Will Need to Remain Quarantined:

- Under the new guidance, people who have no symptoms and have either a negative PCR or antigen test taken on Day 5 or later, can be released on Day 8 (following 7 days of quarantine).
- If the person does not have a test and does not have symptoms, they may be allowed to leave quarantine on Day 11 (following 10 days of quarantine).
- Under either option, the individual must conduct active monitoring of their symptoms through Day 14 and get tested and isolate if they develop any sign of disease.

Contact Tracing: You will be contacted by the Massachusetts Contact Tracing Collaborative or local Health Department in the town where you reside. If you have any questions, please call 211, the MA Department of Public Health at 617.983.6800, or your primary care physician.