



# TOWN OF ROCKLAND

## Board of Health

242 Union Street

Rockland, Massachusetts 02370

### For Close Contacts - Calculating Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days.

#### **IF YOU**

**Were exposed to COVID-19 and are NOT up to date on COVID-19 vaccinations**

#### **Quarantine for at least 5 days**

##### **Stay home**

Stay home and [quarantine](#) for at least 5 full days.

Wear a well-fitted mask if you must be around others in your home.

##### **Get tested**

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

#### **After Quarantine**

##### **Watch for symptoms**

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

##### **If you develop symptoms**

[Isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

#### **Take precautions until day 10**

##### **Wear a mask**

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

##### **Avoid travel and avoid being around people who are at high risk**

#### **IF YOU**

**Were exposed to COVID-19 and are up to date on COVID-19 vaccination No quarantine**

You do not need to stay home **unless** you develop symptoms.

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**Get tested**

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

**Watch for symptoms**

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

**If you develop symptoms**

[Isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

**Take precautions until day 10****Wear a mask**

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

**Avoid travel****Avoid being around people who are at high risk****IF YOU**

**were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)**

**No quarantine**

You do not need to stay home **unless** you develop symptoms.

**Watch for symptoms**

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

**If you develop symptoms**

[Isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

**Take precautions until day 10****Wear a mask**

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

**Avoid travel and avoid being around people who are at high risk.**