

# UPDATED COVID INFORMATION! What you need to know...



Now that people are starting to move back indoors, we are seeing an increase in COVID cases being reported to us. Wastewater monitoring also shows an uptick in the amount of COVID virus.

We wanted to share the current requirements for those who have tested positive or who have been exposed to COVID.

***If you test positive for COVID, you must isolate for a minimum of 5 days.***

Please see <https://www.mass.gov/info-details/covid-19-isolation-and-exposure-guidance-for-the-general-public> for more info.

***If you are exposed to someone with COVID but are asymptomatic, you do not need to quarantine but you do need to mask when indoors around others for 10 days.***

## Able to Mask

### Yes

**• Stay home and isolate for at least the first 5 days; you are probably most infectious during these 5 days.**

- If you never had symptoms or symptoms are improving, you may end your isolation on day 6.
- ***Wear a mask*** around others for 10 days (including in the household). You may remove your mask prior to day 11, if you have had two negative tests taken 48 hours apart.

### No

**• Stay home and isolate for 10 days**

- If you never had symptoms or symptoms are improving, you may end your isolation on day 11.

If you have been exposed to someone with COVID, you do not need to quarantine as long as you remain asymptomatic, regardless of your vaccination status. You must wear a mask any time you are around others inside your home or indoors in public for the 10 days following your exposure, unless you are unable to mask.

If you were exposed and develop symptoms at any time, isolate and take a test and stay home until you know the result. If the result is positive, follow isolation protocols. If your test is negative or if you have remained asymptomatic, take a test on day 6.

**The City of Peabody Health Department no longer have free test kits available for distribution. The federal government will ship 4 free test kits to your residential address. You can order them at: <https://www.covid.gov/tests>.**

**Your health insurer may also cover the cost of test kits purchased at your local pharmacy. Lastly, updated recommendations for COVID vaccine were adopted last week. The Peabody Health Dept. does not currently have the updated vaccine, but it is available at pharmacies and primary care practices. We will keep you updated as to our plans to offer this vaccine in the future. It is no longer being provided for free by the federal government other than for children and for uninsured adults.**