

# The Commonwealth of Massachusetts

Executive Office of Health and Human Services  
Department of Public Health  
Bureau of Infectious Disease and Laboratory Sciences  
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## Information and Guidance for People Quarantined due to COVID-19

You must meet quarantine (isolate themselves from others) because you were exposed to the new coronavirus 2019 (COVID-19). If you have COVID-19, you can spread the virus to people around them and make them sick.

The COVID-19 is caused by a virus. It spreads through respiratory secretions (mucus and small drops of sneezing and coughing) of a sick person, and can cause serious illness such as pneumonia (infection of the lungs) and in some rare cases, death.

The information sheet gives information on what to do and what not to do while in quarantine. If you have questions after reading this information, you can call the Local Health Office, or the Department of Public Health in Massachusetts that is available 24/7 at 617-983-6800.

During the quarantine period, you can not receive visitors at home. The other people living in your home can continue doing their normal activities provided they are not in contact with you, as detailed below, and provided that you also are not quarantined. If you get a positive test result of COVID-19 and someone has contacted you, that person may also need to be quarantined.

### **While you are quarantined, you should follow these instructions:**

1. Leave home only for urgent health care. If you must leave your home for urgent health care, put on a mask, such as surgical masks, if you have available. Call the provider of health care before you go and tell that you are in quarantine for exposure to the COVID-19. To protect the rest, you should use a personal car or call an ambulance to go to the provider of health care. Do not use public transportation, carpool (like Uber or Lyft) or taxis under any circumstances.
2. Use a mask, such as surgical masks, if you have available, if you must be in contact with others. If no mask, try to keep a distance of six feet over others; If this is not possible, limit your time around other people to five minutes or less.
3. Do not receive visitors at home.

4. To the extent possible, stay away from other people in your household. If absolutely necessary, have one person for help and have no contact with other people in your home. Wear a mask, such as surgical type, if you have available when that person is in the same room. If no mask available, try to keep a distance of six feet over others; If this is not possible, limit your time around other people to five minutes or less.
5. If possible, use a bed and a separate bathroom. Do not share towels, sheets or blankets with others in your home. Wash your clothes separately and do not wash together with other people in your home.
6. Do not share eating utensils or drinking. Wash utensils normally in a dishwasher or by hand with warm water and soap.
7. Cover your mouth and nose with a tissue to the cough or sneeze and discard the tissue in the trash corresponding container. Then wash your hands.
8. Wash hands frequently by at the least 20 seconds each hand using soap and water. If you do not have soap and water available, use a hand sanitizer with alcohol based on least 60% alcohol.

**Anyone who has any contact with you (including people in your home) should:**

1. Wash their hands frequently with warm water and soap for at the least 20 seconds. If there is no soap and water available, use a hand sanitizer alcohol based on least 60% alcohol.
2. Wear a mask, if they are available, when in close contact with you, if you can not wear a mask. They must be careful to touch the parts of the mask standing behind the ears or behind the head. Do not touch the front of the mask. They should wash their hands immediately after removing the mask. If you do not have a hand, try to maintain a distance of six feet over others; If this is not possible, limit your time around other people to five minutes or less.
3. Use disposable gloves if they must touch their body fluids (saliva, mucus, urine, feces, vomit) or handle their laundry. Carefully remove gloves without touching the outer portion thereof, discard the gloves in the trash and wash your hands with soap and water or rubbing alcohol.

**All persons having contact with (including people in your home) should be attentive to their health and observe the following:**

- If you have a fever (temperature above 100.3 degrees). They temperature should be in the morning and at night.
- Other symptoms such as coughing, difficulty breathing, shortness of breath, chills, contracture or muscle pain, headache or diarrhea.

**If someone who has been in contact with you have any of these symptoms, contact your local public health department or the Department of Public Health in Massachusetts through the numbers listed below.**

If they need to get medical care, they should call their provider health care before you go, and must warn they may have been exposed to the COVID-19.

If they do not have any of the symptoms described above, you do not need to

stay home and, instead, can continue their normal activities.

**Other tips to prevent spreading germs:**

1. His gloves, masks and other disposable items should be placed in a bag should be tied and discard it along with other household trash.
2. Their garments can be washed in a washing machine common with warm water and detergent. It can be bleached (bleach), but not necessary. Do not shake the dirty clothes and prevents them into contact with the face or clothing of others.
3. Surfaces in your home that you touch or are soiled with body fluids (saliva, mucus, urine, feces, vomit) should be cleaned and disinfected with disinfectants for home following the instructions on the labels. Wear gloves to clean.
4. Your bathroom should be cleaned daily with household disinfectant according to directions on the label. Wear gloves to clean.

**How long you should follow these instructions?**

You must remain in quarantine for at the least 14 days from the date of exposure. A public health authority (the Department of Public Health in Massachusetts or local health board) will contact you daily and will tell you when you can stop quarantine. They re-evaluate your situation and determine whether daily needs quarantined or if the risk of infecting others is low enough so that you can leave your home.

**Do you have questions?**

Please call your health care, local health board or the Department of Public Health in Massachusetts if you have questions.

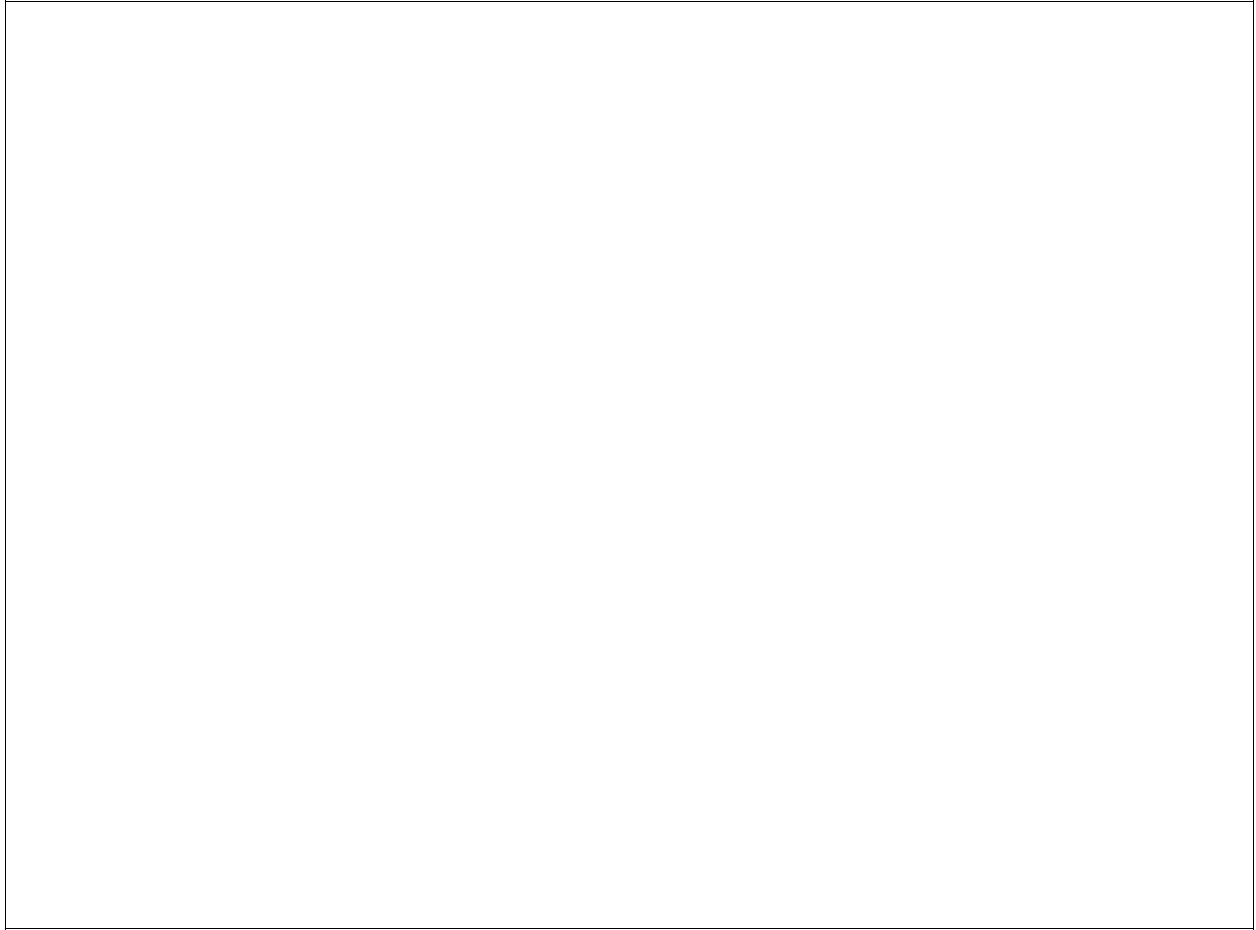
1. Your provider of health care  
Name: Phone Number: O \_\_\_\_\_
  
2. Your local board of health (Town / City)  
Town or City: Contact Person: Phone Number: O \_\_\_\_\_  
\_\_\_\_\_
  
3. Department of Public Health of Massachusetts  
Epidemiology guard  
Phone: (617) 983-6800 ( 7 days a week / 24 hours a day)

Thank you for your active cooperation in keeping you and keep your family and your community healthy and safe.

Date indicated for the person in quarantine: \_\_\_\_\_

Indicated by (name): \_\_\_\_\_

Any other specific instructions can be written here or on separate sheets attached  
(if attached separate sheets must indicate here):

A large, empty rectangular box with a thin black border, intended for writing additional instructions or notes. It occupies the central portion of the page.