



# Coronavirus Guidance for Unvaccinated and Vaccinated Individuals

## Positive Test

I am **UNVACCINATED** & have had a POSITIVE TEST (home or lab-based) for Coronavirus

I am **VACCINATED** & I have had a POSITIVE TEST for Coronavirus

STAY HOME

You are *required* to ISOLATE\* (regardless of vaccination status) for at least 10 days – please call the Board of Health to discuss details at (781) 786-5033

Isolation Support: Stay away from family members, use a separate bathroom, don't share household items, wear a mask outside your bedroom, talk with your doctor about symptom support

Contact Tracing: Please provide your close contact info when you hear from your local health department or contact tracers – your privacy can be protected, sharing this information can save a life!

End of Isolation: Your isolation is over after 10 days *and* no fever *and* you have marked improvement of symptoms (if you had any). Call the Board of Health for clearance for return to work/school. We'll discuss this as we work together to stop the spread of the Coronavirus!

## Symptomatic

I am **UNVACCINATED** and SYMPTOMATIC

I am **VACCINATED** and SYMPTOMATIC

Call your doctor, GET A TEST, STAY HOME from work or school until you have results

If your test is positive: STAY HOME. You are required to isolate

If your test is negative:

There are many reasons why you may have symptoms similar those of Coronavirus; allergies, seasonal flu and the common cold, as well as physical manifestations of stress can all mimic COVID-19. If you have tested negative, please talk with your doctor about an alternative diagnosis and symptom support. If you think you may have COVID-19 or were close to someone who tested positive you may be advised to test again. You can return to work/school when you are well.

## Close Contact

I am **UNVACCINATED** and I have been in CLOSE CONTACT<sup>^</sup> with a Coronavirus-positive person

You are *required* to QUARANTINE~ for at least 7 days

Quarantine Support: Remain at home, do not go to work or school, stay away from at-risk individuals.

Testing for Quarantined Individuals: Test on or after day 5 following last know exposure, report COVID-like symptoms. If you test positive you are in isolation (see above)

End of Quarantine: Your quarantine is over after 7 days if you have not tested positive for COVID-19 and are not symptomatic. Unsure of what to do? Don't guess! Please contact the Board of Health with questions! We're here to help!

I am **VACCINATED** and have been in CLOSE CONTACT<sup>^</sup> with a Coronavirus-positive person

You do NOT need to quarantine since you are VACCINATED, however you are advised to be VERY WATCHFUL FOR SYMPTOMS for the 14 days following your exposure to a COVID-19 positive person

Since you are vaccinated you are at a lower risk of an infection and at a lower risk of having a severe response or of spreading the virus. However, infection is still possible.

General Advice: Get a test between days 3 and 5 following last know exposure, and any time you are symptomatic please test again, wear a mask indoors when not at home regardless of your vaccination status. Stay away from unvaccinated and high-risk family and friends. Call us with questions!

# Coronavirus Information & Resources from the Town of Weston Board of Health

## \*Symptoms of a COVID-19 Infection:

- Fever ( $\geq 100.0^{\circ}\text{F}$ ), chills, or shaking chills
- Cough (not due to other known cause)
- Difficulty breathing or shortness of breath
- New loss of taste or smell (less frequently reported with Delta variant infections)
- Sore throat
- Headache, muscle or body aches, when in combination with other symptoms
- Nausea, vomiting, or diarrhea
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies)

Call your doctor & seek testing if symptomatic

**Travel:** Visit [mass.gov/info-details/covid-19-travel](https://www.mass.gov/info-details/covid-19-travel) for up-to-date info. **Travel by the unvaccinated is still not recommended by the CDC at this time.**

All travelers returning to Massachusetts are **advised to test** and quarantine unless fully vaccinated. International travel typically requires testing regardless of vaccination status. Your school /workplace may have a travel policy STRICTER than the State. Please investigate details *before* planning travel.

## Resources:

There are many links on the Town of Weston Board of Health website including:

- Public Health best practices for healthy living, working and learning during the Coronavirus pandemic
- Information on symptom assessment
- Mental health resources and vaccine and testing info.



Scan the code above or go to:

[westonMA.gov/health](https://www.westonMA.gov/health)

## Email:

[COVIDquestions@WestonMA.gov](mailto:COVIDquestions@WestonMA.gov)

**Phone:** (781) 786-5033

## Wellness Tips:

- Get vaccinated!
  - Visit [mass.gov/covid-19-vaccine](https://www.mass.gov/covid-19-vaccine) or dial 211 by phone for locations.
  - Vaccination against COVID-19 is known to greatly reduce your risk for severe illness or death from an infection.
  - If you are a vaccinated close contact you can go about your life, taking some additional precautions, but do not have to quarantine.
  - Vaccines are safe and effective.
- Mask Up! All individuals are advised by the CDC to wear a well-fitting, multi-layer mask indoors (when not at home). Masks are mandatory for all individuals on public transportation/shared ride services, in healthcare facilities, and in other settings hosting vulnerable populations.
- Symptomatic? Seek testing! See the *Symptomatic* advice on page 1.
- Wash your hands with vigor: Count to 20 while washing to get really clean hands!
- Stay physically distant from those not in your own home when possible but seek connection to others by meeting outdoors, over the phone or electronically. We're in this together!
- Protect your mental health: Stress is common and normal during this complicated time. Talk with your kids, parents, colleagues about how you are feeling. But if you are experiencing insomnia, mood changes, overwhelming feelings of fear, anger, sadness, worry, numbness, or frustration; changes in appetite, energy, desires, and interests; difficulty concentrating and making decisions; worsening of chronic health problems; worsening of mental health conditions or increased use of tobacco, alcohol, and other substances call your healthcare provider; help is available!
- Practice self care: Get a good night's sleep, exercise, find relief (turn off the news, get a good laugh, try prayer, meditation or a new hobby) – the pandemic *will* end eventually!
- Prevent suicide: During times of extreme stress, people may have thoughts of suicide. Suicide is preventable and help is available. Learn about the risk of suicide, signs, and how to help yourself or others at (800) 273-8255 for English, (888) 628-9454 for Spanish, dial 911 in any emergency.

## Terms to Know:

~**Quarantine** is for *unvaccinated* individuals who may have been exposed to someone who is COVID-19 positive but are not exhibiting any symptoms and have not tested positive. See page 1 Close Contact info for the unvaccinated. Call us to discuss the details.

\***Isolation** is for people who have either tested positive for COVID-19 or are exhibiting symptoms and have been told by a provider that they have, or probably have, COVID-19, even in the absence of a test.

^**Close Contact** is direct contact with respiratory particles (like from a sneeze) of an infected person or being within 6 feet of a COVID-19 infected person while indoors, for at least 15 minutes, while they were symptomatic or had tested positive (including 2 days before). K-12 schools in Massachusetts use a different definition for classroom close contacts, and the distance of 3 feet is used when both parties are masked and seated in the classroom setting (6 feet is used for non-seated classroom settings.)

## Testing Information:

- Free tests are available, health insurance covers most testing!
  - Scan the code at the right or go to [mass.gov/covid-19-testing](https://www.mass.gov/covid-19-testing) or call 211
- PCR tests are the most sensitive, antigen results are often reliable, home tests should be verified by a lab test in most circumstances. Call us with questions!

