



**Mashpee Public Schools**  
**Stay Home – Stay Safe!**

COVID-19 Quarantine and Isolation Guide

**What's the difference?**

- **Quarantine** - keeps a person who was in close contact with someone who has COVID-19 away from others.
- **Isolation** - keeps someone who is sick or tested positive for COVID-19 away from others, even in their own home when possible.

**QUARANTINE GUIDELINES PER MASHPEE BOARD OF HEALTH**

As of 12/2021

**STAY HOME (quarantine) if you are NOT sick, but are a HOUSEHOLD close contact:**

- Even if you are fully vaccinated, remain home until you test on day 5 from your last date of exposure. If you test negative on day 5 and remain asymptomatic, you may resume activities on day 6. Continue to wear a mask inside and outside when around others for the full 10 days from your date of exposure.
- If you have traveled to a “high risk” country. See [CDC Travel Guide](#) for more information.

**If you are unvaccinated and identified as a NON-HOUSEHOLD close contact outside of school:**

- See [CDC Quarantine Guidelines](#) for more information.

**Monitor your health every day:**

- Do daily health checks every morning or anytime you feel like you have symptoms.
- [See Mashpee Public Schools Symptom Checker](#)
- Be alert for any symptoms of COVID-19, including fever, cough or shortness of breath.
- Contact your doctor if you have symptoms.

**If you have a medical emergency, call 911.  
Tell them your symptoms and that you are being monitored for COVID-19.**

## **Day of Exposure**

### **Your day of exposure is:**

- The last time you were within 6 ft of someone confirmed to have COVID-19, OR
- The day you arrived home after travel
- Considered day 0 when counting days. Example Day of exposure is on January 1 - Test day 5 is on January 6 - Day 10 is January 11.

### **Separate yourself from others as best you can in case you get sick (self quarantine):**

1. Stay at home and use a separate bedroom and bathroom if possible.
2. Do your best to stay at least 6 feet away from other people in the house.
3. Do not leave your house to go to school, work or run errands.
4. Do not have any visitors to your house during this time.
5. Wash your hands frequently with soap and water for at least 20 seconds.
6. Do not share eating or drinking utensils with anybody.
7. Monitor your health every day.
8. If you need to seek routine medical care. Call ahead to your doctor and tell them you are under COVID-19 quarantine.
9. Do not take public transportation, taxis, or ride-shares to get to your appointment.
10. Take care of yourself mentally by doing safe activities you enjoy and maintaining support through telephone and media.

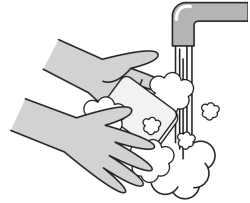
**If you get sick during quarantine, get tested for COVID-19, or are told you have COVID-19...**

**STAY HOME AND GET TESTED**

## **Isolation Guidelines (for when you or someone has tested positive in your household)**

**Separate yourself as best you can from others to keep your germs from spreading (isolation):**

1. Call your doctor and tell them if you have been exposed to COVID-19.
2. Do not take public transportation, taxis, or ride-shares to get to your appointment. If you need medical care, request a telemedicine appointment.
3. Do not leave your house to go to school, work or run errands.
4. Do not have any visitors to your house during this time.
5. Stay at home and use a separate bedroom and bathroom if possible.
6. Stay at least 6 feet away from other people in the house if possible.
7. Wash your hands frequently with soap and water for at least 20 seconds.
8. Do not share eating or drinking utensils with anybody.
9. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
10. Clean surfaces that you touch every day with a household disinfectant.
11. Make a list of everyone you have been close to (within 6 feet of for at least 15 minutes), since you first got sick. Those people have been exposed to COVID-19 and should be asked to quarantine.
12. Take care of yourself mentally by doing safe activities you enjoy and maintaining support through telephone and media.



**If you have a medical emergency, call 911.  
Tell them your symptoms and that you have, or may have, COVID-19.**

### **How long do you need to isolate?**

Each case is different based on the severity of symptoms and your family's health. Call your doctor or the Mashpee Board of Health at 508-539-1426 for more guidance. Visit the [CDC Isolation Guide](#) for more information.

For most people who have a relatively mild illness, you will need to stay in isolation for at least 5 days and mask for an additional 5 days after. You can resume public activities once you have:

- gone for 24 hours without a fever (and without taking fever-reducing medications like Tylenol), **and**
- experienced improvement in your other symptoms (for example, your cough has gotten much better).

## Quarantine and Isolation Preparedness Checklist:

Try to prepare a 10 day supply of the below items

- Food:** Choose items that do not need to be in the refrigerator. Canned foods, rice, cereal, and juices. Baby food and pet food
- Food for when you don't feel good:** Canned soup, crackers, and fluids to stay hydrated
- Household supplies:** Toiletries, toilet paper, paper towels
- Medicines** - Over-the-counter medicines including pain relievers and fever reducers. Try to remain current with prescription medications.
- A Thermometer** - a fever is any temperature over 100.4°F
- Cleaning supplies** - Disinfectant to frequently wipe down areas that are touched often like doorknobs, counters, and sinks
- Hand soap:** Everyone in the home should frequently wash their hands. Hand sanitizer can be used if soap and water aren't available.
- Masks** - Masks can be worn in the home. Anyone who is sick should wear a mask when around other people. Ask your local pharmacy about free N95 masks - limit 3 per person.
- Activities for children** - Prepare a range of activities for quiet time and more physical activity. Outdoor play is encouraged during quarantine and isolation if distancing guidelines are followed.
- A place to record important dates, phone numbers, and contacts:** How long to isolate, symptom and medication tracking can be confusing at times especially if multiple people are sick in one home. Write information down and keep it in one place.

### Support while in Quarantine or Isolation

- Mashpee Board of Health: 508-539-1426
- MA Department of Public Health's On-call Epidemiologists at 617-983-6800
- Mashpee Wampanoag Health Services Main Number: 508-477-6967
- The Samaritans on Cape Cod & The Islands: 1-800-893-9900
- The Cape & Islands Emergency Services-24 hr Call Center-1-800-981-4357
- Mashpee Stop and Shop PeaPod Delivery <https://stopandshop.com/>
- Christ The King Food Pantry - (508) 477-7700
  - Drive-Thru Pick Up Open Wed. 10-12 noon & 2nd & Last Weds of month 5-7pm.
- For prescriptions, check with your local pharmacy for car pick-up and home delivery options.
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Centers for Disease Control and Prevention.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html>