

What to do if you were EXPOSED to an individual who tested positive for COVID-19:

1. Quarantine is no longer required nor recommended for children or staff, regardless of vaccination status or if they have had a previous infection. *All exposed individuals may continue to attend school as long as they remain without symptoms.*

2. Wear a mask as soon as you find out you were exposed and anytime you are around others inside your home and any indoor public place for the **next 10 days.**

3. **Watch for possible symptoms:**
 - Fever or chills
 - Cough
 - Shortness of breath
 - Difficulty Breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

4. **If you develop symptoms:**
 - Stay home and isolate immediately.
 - Call your healthcare provider.
 - Get tested.
 - Stay home until you know the results.

Additional information:

<https://www.mass.gov/info-details/covid-19-isolation-and-exposure-guidance-for-children-and-staff-in-child-care-k-12-out-of-school-time-ost-and-recreational-campprogram-settings>