Acton Medical ASSOCIATES
Adult & Pediatric Primary Care

General Guidance for Understanding your responsibility with Isolation and Quarantine with COVID-19 Testing

ABOUT COVID-19

- People with COVID-19 can spread it two days PRIOR to showing symptoms.
- Not everyone with COVID-19 will have symptoms, but they may still spread it to others.
- The incubation period for COVID-19 is 2-14 days. This is the time between when a person is infected by the virus and when you become symptomatic.

SCENARIO: SELF-ISOLATE OR QUARANTINE?

COVID Positive + Symptoms
- Patient must `SELF-ISOLATE`
- Call Acton Medical if symptoms worsen.

COVID Positive + No Symptoms
- Patient must `SELF-ISOLATE`
- This is the most dangerous scenario for spread within families and the community.
- People at risk of transferring this to others without intention.

Close Contact with Covid +
- Close contact means a total of 15 minutes within 6 feet of a person who tested positive for COVID-19.
- Patient must follow `QUARANTINE` protocol.
- We recommend testing 5-7 days after exposure.
- Note: testing too early after exposure may not give virus enough time to become detectable.

SYMPTOMS OF COVID-19

- Fever
- Cough
- Muscle/body aches
- Nasal congestion
- Shortness of breath
- Headaches
- Sore throat
- Diarrhea
- Loss of smell/taste

More Common ⟷ *Less Common*

SELF-ISOLATE

Separate yourself from others to keep your germs from spreading, even in your home.

Isolate for at least 10 days
- 10 days begins from onset of symptoms or date you tested positive.
- You can end isolation after 10 days if: You have no fever for 24 hours without medication AND your symptoms are gone or much better

Please cooperate w/ contact tracing

Call 911 in the event of medial emergency

Advice on Isolation
- Isolate in one room, wear mask, and stay >6 feet away from others
- Use separate toilet if possible
- Increase ventilation by opening windows
- If you cannot self-isolate, your family members must begin their own `QUARANTINE` when your isolation ends.

QUARANTINE

Separate yourself from others in case you get sick to protect friends, family and community.

Stay home until 14 days after your last contact with COVID + person
- You will be tested 5-7 days after contact.
- If test positive, `SELF-ISOLATE` .
- If test negative, continue quarantine as you may still be incubating COVID-19.
- If you develop symptoms, `SELF-ISOLATE` . and call for another test.
- This will help us stop the spread of COVID-19 by identifying people who are positive before they have symptoms.
- This is the safest strategy. Alternate quarantine guidelines available at the Massachusetts Department of Public Health:
  https://www.mass.gov/guidance/information-and-guidance-for-persons-inquarantine-due-to-covid-19

WHAT IF MY TEST COMES BACK NEGATIVE?

- You may still have COVID-19. The test is not perfect with ~30% of tests False Negatives. (That means test says you do not have COVID-19 when you actually do.)
- Complete `QUARANTINE` protocol if you had a close contact with a confirmed positive.
- If you have characteristic or persistent symptoms: `SELF-ISOLATE`