

## COVID-19 UPDATE FOR STONEHAM RESIDENTS

December 7, 2021: We are currently experiencing a very high volume of positive COVID-19 cases in the Town of Stoneham, as is the rest of Massachusetts.

If you have tested positive for COVID-19, you must isolate for 10 days. 10 days begins at date of onset of symptoms, or date of positive test if you are asymptomatic.

Follow this link for detailed isolation guidance: <https://www.mass.gov/info-details/covid-19-isolation-and-quarantine-information>

Monitor your health closely while you isolate at home. If your symptoms worsen (such as shortness of breath or respiratory distress), contact your medical provider immediately.

### Guidance for close contacts:

A close contact is defined as someone who was less than 6 feet away from infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes). An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or, for asymptomatic people, 2 days before the positive specimen collection date). This is with or without masks.

Exposure date (day 0)

Vaccinated close contacts:

Monitor self for symptoms for 14 days after exposure

Wear a mask indoors in public settings for 14 days

Recommended to get tested on days 3-5 after exposure (optional), PCR test recommended

If you start to develop illness symptoms, get tested to confirm and isolate for 10 days. Drive up testing is ok and does not violate isolation.

Unvaccinated close contacts:

Monitor self for symptoms for 14 days following exposure

Quarantine for 7 days and get tested on day 5 following exposure, can leave quarantine if test is negative and no symptoms, PCR test recommended

Quarantine for 10 days and do not get tested, can leave quarantine on day 11 if no symptoms

If you start to develop illness symptoms, get tested to confirm and isolate for 10 days. Drive up testing is ok and does not violate isolation.

### Testing:

To locate a COVID-19 test close to you, follow this link: <https://www.mass.gov/info-details/find-a-covid-19-test>. Square One Mall in Saugus is still open and providing free testing for all, including uninsured individuals: <https://www.mass.gov/info-details/covid-19-test-site-details?FID=2232>

Here is the State link to quarantine and isolation guidance: <https://www.mass.gov/info-details/covid-19-isolation-and-quarantine-information>

**Vaccines:**

We encourage all eligible residents to get vaccinated, please visit <https://vaxfinder.mass.gov/> to find a vaccine provider near you.

If you are unable to use this system, please call 211 and follow the prompts to speak to a representative who can help you find a local appointment.

If you are homebound and over age 65 or immunocompromised, please contact the COVID-19 In-Home Vaccination Program Central Intake Line at (833) 983-0485: <https://www.mass.gov/info-details/covid-19-in-home-vaccination-program> to get a vaccine in your home.

Please call the Health Department if you have any questions at 781-279-2621. Thank you!

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