So, you tested positive for COVID 19, but you don’t have any symptoms, now what???

Quarantine
You should quarantine for 14 days, starting the day you test positive for COVID 19. This means that you should stay home from work, school and public areas except to get medical care. Please do not use any public transportation, ride shares or taxis.

If you have other people at home who have not tested positive for COVID 19
Isolate from them during your quarantine period. When in a shared space, keep 6 feet of distance between you and others. Clean often touched services (light switches, door knobs, electronics, etc…) daily with a disinfectant wipe if possible.

You can end isolation when either 3 full days have passed with no fever without the use of fever reducing medication, other symptoms have improved and at least 10 days have passed since your symptoms have started OR you have had 2 negative COVID 19 tests, 24 hours apart.

Protection
Wear a face mask, change it daily and rewash reusable ones after one days wear.
Wash your hands with soap and water for at least 20 second multiple times throughout the day, using alcohol based hand sanitizer when hand washing is not an option.

What if you develop symptoms?
Should you develop any symptoms, such as trouble breathing, persistent chest pain or pressure, fever not relieved by OTC fever medication or diarrhea during that time, please call us at 617-927-6330