



## FAQ'S FOR COVID PROTOCOLS

UNIVERSITY OF MASSACHUSETTS – PRESIDENT’S OFFICE

Updated August 30, 2022

### What is the difference between isolation and quarantine?

Isolation and quarantine both mean an individual stays home and away from others to limit the spread of the virus.

- The term “**isolation**” is applied to individuals who are infected with and/or test positive for the virus.
- The term “**quarantine**” is applied to individuals who have been exposed to the virus but who are not infected and/or have not tested positive.

### What should I do if I test positive for COVID-19?

Isolation Guidance for COVID Positive Individuals		
	Experiencing COVID Symptoms	No COVID-19 Symptoms
Isolate for 5 days	X	X
Optional antigen (not PCR) testing* on Day 5 <small>*Testing is not required to return to the workplace</small>	<b>Positive Result:</b> Isolate for an additional 5 days	<b>Positive Result:</b> Isolate for an additional 5 days
	<b>Negative Result:</b> End isolation and wear mask for an additional 5 days	<b>Negative Result:</b> End isolation and wear mask for an additional 5 days
End isolation after 5 days	Only if your symptoms are improving <b>AND</b> You have been fever-free for 24 hours without fever-reducing medication	Only if you have remained symptom-free
Wear a mask for 5 days after isolation ends	X	X
Monitor symptoms for 10 days	X	X

### What should I do if I learn I have been exposed?

- You do not need to quarantine, regardless of vaccination status
- Wear a mask for 10 days when around others
- Get tested on Day 5, if possible
- Monitor for symptoms for 10 days



## How do I count the number of days since exposure?

The day of exposure is considered Day 0. First day after exposure is considered Day 1.

For example, John is in the office on Monday, October 1, and has a meeting with Jane. Jane tests positive for COVID-19 on Tuesday, October 2. John is vaccinated and has received a booster so is not required to quarantine, but will get tested on Day 5 (October 6), and will wear a mask when around other people, and monitor his symptoms for 10 days (through October 11).

## If I have been exposed, should I come to work or stay home?

In accordance with the guidance, individuals who have been exposed to someone with COVID-19 are not required to quarantine regardless of vaccination status and can be at the workplace. Individuals who have been exposed to COVID-19 must wear a mask in all public locations and when with other people for 10 days after exposure.

## What are the symptoms of COVID-19 and how soon might they begin after exposure?

Symptoms may appear 2-14 days after exposure to the virus and may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

*Symptoms may be mild and can feel like a common cold or mild flu. Please do not ignore these symptoms and report to the workplace; rather contact your healthcare provider to be tested and stay home until you receive your test results.*

The most up-to-date information on COVID-19 symptoms can be found on the [CDC website](#).

## How do I isolate or quarantine?

- Stay at home and use a separate bedroom and bathroom if possible.
- Do your best to stay at least 6 feet away from other people in the house.
- Do not leave your house to go to school, work, or run errands.
- Do not have any visitors to your house during this time.
- Wash your hands frequently with soap and water for at least 20 seconds.



- Do not share eating or drinking utensils with anybody.
- Monitor your health every day.
- If you need to seek routine medical care, call your doctor before you go and tell them you are under COVID-19 quarantine.
- Do not take public transportation, taxis, or ride-shares to get to your appointment.

## What if I have traveled recently?

US restrictions on travel related to COVID-19 have been lifted. Please refer to CDC guidance for [domestic](#) and [international](#) travel.

## What is the “Massachusetts COVID-19 Paid Sick Leave Act” and am I eligible?

The benefits related to the Massachusetts COVID-19 Paid Sick Leave Act expired on March 15, 2022.

### ***Additional Resources:***

[www.mass.gov/covid](http://www.mass.gov/covid)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>