

UMASSD QUICK GUIDE TO COVID-19 PROTOCOLS

If you have COVID-19 symptoms (e.g., fever, runny nose, sore throat, headache, cough):

- Immediately isolate and test using an at-home rapid COVID-19 test kit.

If you test positive for COVID-19:

- Immediately isolate yourself for 5 days and wear a medical grade mask for 10 days.
- Notify your close contacts that they have been exposed so they can monitor themselves for symptoms and test on Day 6 following exposure. Serial testing is recommended.
- If after 5 days you are fever-free for 24 hours without the use of medication and your symptoms are improving, or you never had symptoms, you may leave isolation on Day 6 but continue to wear a medical grade mask around others until Day 11.

If you are told you were exposed to someone with COVID-19:

- Regardless of your vaccination status, you do not need to quarantine.
- You must wear a high-quality mask for 10 days and get tested 5 full days after your last exposure (Day 6).

If you need an at-home COVID-19 test:

- Students can pick up tests in Student Affairs, Residential Halls, Health Services, FDUH, CWGS, and SAIL offices.
- Faculty and staff can pick up tests in Human Resources.



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