Household Contact as a Close Contact

When close contacts live in the same house as a Covid-19 positive individual, quarantine periods become challenging. Co-habitation with shared common spaces such as kitchen, bathroom or bedrooms prevent transmission reduction. Preparations for extended quarantine periods should be made. If Covid-19 travels throughout their household, this could be a long time!

Household Contacts as Close Contacts:
A Covid-19 positive individual remains infectious for 10 days. When the close contact to a positive individual includes a household contact, extended days result. Quarantine cannot occur until the last day of exposure to the infectious covid-19 individual has occurred. This extension is because of continued exposure during the 10-day infectious or contagious period of the virus. B-R allows the following two return options for household close contact on day 11, consistent with DESE/MDPH guidelines:

1. Quarantine for at least 7 days from the last date of exposure, with a return on day 8, if PCR tested negative on day 5 or later and no symptoms present.
2. Quarantine 10 days from the last date of exposure if no symptoms present.

Exemptions to this protocol are as follows:

- Individuals 14 days post complete covid-19 vaccination, CDC Vaccination Record Card documentation is required.
- Individuals who tested covid-19 positive within 90 days of date of exposure. Medical documentation required.

Below is the list of symptoms for which all parents/caregivers should monitor their children during quarantine:

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Muscle aches or body aches
- Cough (not due to other known cause, such as chronic cough)
- Sore throat, when in combination with other symptoms
- Headache when in combination with other symptoms
- Nausea, vomiting, or diarrhea, when in combination with other symptoms
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms

With trouble breathing, chest pain, new confusion, inability to wake or stay awake, bluish lips or face – CALL 911

TOGETHER, WE ARE BR STRONG!

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1 https://www.doe.mass.edu/covid19/on-desktop/protocols/protocols.pdf
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