



TOWN OF DUXBURY

BOARD OF HEALTH
TOWN OFFICES
878 TREMONT STREET
DUXBURY, MASSACHUSETTS 02332-4499

As of September 25, 2023, every household in the U.S. can now order FREE at-home COVID-19 tests

Step 1: Head to COVIDTests.gov to order.

Step 2: Fill out your contact and shipping information.

Step 3: Submit your order and have them delivered to your mailbox.

Need help placing an order? Call 1-800-232-0233 (TTY 1-888-720-7489) to get help in English, Spanish, and more than 150 other languages.

Q: When should I test for COVID-19?

A: COVID-19 testing is important to find out if you have COVID-19 so that you can get treatment, if needed, as well as to be aware if you are infected and should stay away from people to help reduce the spread of the virus. You should test for COVID-19 in the following situations:

- If you have [symptoms](#), test immediately.
- If you were [exposed](#) to someone who has COVID-19 and do not have symptoms, wait at least 5 full days after your exposure before testing. If you test too early, you may have an inaccurate result.
- If you are in [certain high-risk settings](#), you may need to test as part of a screening testing program.
- Consider testing before coming into contact with someone who has a high risk for severe COVID-19, especially if you are in an area with a medium or high [COVID-19 Community Level](#).

Find out more about when and how often to test for COVID-19 at [Understanding At-Home OTC COVID-19 Antigen Diagnostic Test Results](#).



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If you test positive for COVID-19 (isolate)

If you test positive for COVID-19 on either a rapid antigen or PCR test, you are required to self-isolate – **whether you are vaccinated or not**. Do not leave your home, except to get medical care. Do not visit public areas. Self-isolation means separating yourself from others to keep your germs from spreading. Regardless of vaccination status, all individuals who test positive should avoid people who are at high risk of severe disease for 10 days.

Anyone who lives, works or attends higher education in MA

Able to Mask Isolation Guidance

- Yes**
- **Stay home and isolate for at least the first 5 days; you are probably most infectious during these 5 days**
 - If you never had symptoms or symptoms are improving,* you may end your isolation on day 6
 - Wear a mask around others for 10 days (including in the household). You may remove your mask prior to day 11, if you have had two negative tests taken 48 hours apart.

- No**
- **Stay home and isolate for 10 days**
 - If you never had symptoms or symptoms are improving,* you may end your isolation on day 11.

*Note: If you have or develop symptoms, continue to stay home, until you have not had a fever for 24-hours without the use of fever reducing medicine and your other symptoms are improving. If you were severely ill (were hospitalized) or have a weakened immune system, you should consult your healthcare provider before leaving isolation.

Days to Isolate

- **Day 0**, first day of symptoms OR day the positive test was taken, whichever is earlier
- **Days 1-4**, continue to isolate
- **Day 5**, last day of isolation if asymptomatic or symptoms are improving
- **Day 6**, leave isolation (if you are able to wear a mask at all times when around other people, including in your household, through day 10). You



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may remove your mask prior to day 10, if you have had two negative tests taken 48 hours apart.

After you have ended isolation, if your COVID-19 symptoms recur or worsen, restart your isolation at day 0.

While everyone must isolate if they have COVID, individuals may be able to return to childcare, school or a healthcare setting sooner under certain conditions. See guidance on return to work, school and childcare, below.

If you were exposed to someone with COVID-19 (exposure precautions)

If you have been exposed to someone with COVID, you do not need to quarantine as long as you remain asymptomatic, regardless of your vaccination status. You must wear a mask any time you are around others inside your home or indoors in public for the 10 days following your exposure, unless you are unable to mask*.

If you were exposed and develop symptoms at any time, isolate and take a test and stay home until you know the result. If the result is positive, follow isolation protocols. If your test is negative or if you have remained asymptomatic, take a test on day 6.

- If you have not had COVID-19 in the last 90 days, you can test with either a rapid antigen or PCR test.
- People who had COVID-19 in the last 90 days should test with a rapid antigen test, not a PCR test.
- People who had COVID-19 in the last 30 days are not recommended to test on day 6 but should use a rapid antigen test if they develop any symptoms.

If you test positive, follow isolation guidance. For more information, please see CDC COVID-19 Exposure Guidance.