

The Department of Public Health is adopting updated [guidance from the Centers for Disease Control and Prevention \(CDC\)](#) regarding isolation and quarantine periods for the general population, effective immediately. For the general public, this updated guidance shortens the recommended time for isolation and quarantine from 10 days for people with COVID-19 to 5 days, if asymptomatic, followed by 5 days of wearing a mask when around others.

On background:

- Learn more about these changes on [mass.gov: What to do if you have COVID-19 or have been exposed to COVID-19](#)
- The updated isolation guidance applies to K-12 schools. At this time, quarantine guidance for K-12 schools remains unchanged. DESE's current mask requirement and [Policy on Vaccination Rate Threshold](#) remains in effect.
- DPH is reviewing updated CDC guidance regarding isolation and quarantine for healthcare workers and will have more to share soon.