



PITTSFIELD BOARD OF HEALTH

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About COVID-19 isolation and quarantine

On December 28, 2021, the Centers for Disease Control and Prevention shortened the recommended time for isolation for individuals with COVID-19. The Massachusetts Department of Public Health and Pittsfield Health Department have adopted these guidelines, effective December 29, 2021. They are as follows:

If the individual shows no symptoms, the recommended isolation period is shortened from 10 days to 5 days, followed by 5 days of wearing a mask when around others.

For individuals unvaccinated or are more than six months out from their second Pfizer or Moderna dose (or more than 2 months after the J&J vaccine) and not yet boosted who have been [exposed to COVID-19](#), the CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days.

Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person [wear a well-fitting mask](#) at all times when around others for 10 days after exposure. Individuals who have received their booster do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure.

For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.

Vaccination is the best way to protect yourself and reduce the impact of COVID-19 on our communities.

Note: 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.

Child care programs should continue to partner with their local boards of health for support in developing or adjusting their individual program's quarantine and isolation policies in accordance with the revised CDC guidance. EEC will release additional child care specific COVID-19 information during the week of January 3rd. As a reminder, child care programs are encouraged to leverage these [suggested strategies](#), developed by EEC, when developing their policies for COVID-19 mitigation.

For more information, please visit the Massachusetts Department of Public Health website, at: <https://www.mass.gov/info-details/what-to-do-if-you-have-covid-19-or-have-been-exposed-to-covid-19>

