

UPDATE CORONAVIRUS (COVID-19)



Stay informed. Take precautions. Stay safe.

Dear Members,

The Massachusetts Department of Public Health issued a guidance, effective December 29, 2021, advising health care providers and personnel in health care settings, which, for the purposes of this communication, includes assisted living communities, regarding isolation and quarantine requirements. Please click [here](#) to read the guidance.

Isolation is for individuals who have either tested positive for COVID-19 or who are exhibiting symptoms of COVID-19 (including fever, chills, muscle pain, headache, sore throat, or new loss of taste or smell) and have been told by a provider that they have, or probably have, COVID-19, even in the absence of a test. Health care personnel (HCP) should isolate when they have tested positive for COVID-19 **OR** have symptoms of COVID-19 and are awaiting viral test results.

An isolating healthcare worker **with** COVID-19 symptoms may return to work after 5 days under the following conditions, all of which must apply:

- 5 days have passed since the first positive COVID-19 viral test was taken
- Substantially improved symptoms, including being fever-free, for 24 hours
- The person is fully vaccinated (see definitions below and in actual guidance)
- The person has received a negative viral test on Day 5 or later

An isolating healthcare worker **without** COVID-19 symptoms may return to work after 5 days under the following conditions, all of which must apply:

- The person is fully vaccinated (see definitions below and in actual guidance)
- The person has received a negative viral test on Day 5 or later

Please note: Any health care worker who returns to work prior to 10 days since their first positive COVID-19 diagnostic test was taken should avoid caring for patients who are moderately to severely immunocompromised until after 10 days has passed since their positive viral test.

Quarantine is for individuals who have been exposed to someone who is COVID-19 positive but are not exhibiting any symptoms and have not tested positive.

- Fully vaccinated individuals (see definitions in actual guidance) are not required to quarantine following an exposure (defined as prolonged close contact with anyone confirmed to have COVID-19.)
- HCP may continue to work during their quarantine period provided they remain asymptomatic
- All HCP should wear PPE appropriate for their duties (details in actual guidance) and self-monitor for symptoms
- Exposed asymptomatic HCP who have community exposure should receive a negative viral test prior to returning to work

Definition of “Fully Vaccinated” is as follows: Individuals who have received either two doses of the Moderna or Pfizer COVID-19 vaccines or a single dose of the Janssen COVID-19 vaccine at least 14 days ago but not more than six months ago or have received a booster dose, are not required to quarantine following an exposure, defined as prolonged close contact with a patient, visitor, or healthcare personnel with confirmed SARS-CoV-2 infection.

If you have any questions, please contact us at Mass-ALA@mass-ala.org

**The information provided in this COVID-19 update is solely for general informational purposes to assist in understanding the evolving guidance regarding the current COVID-19 public health threat. It is not intended to be a primary public health or medical resource but is provided as a clearinghouse for or compilation of various guidance issued by official and related sources.*