



## TOWN OF MEDFIELD

### Board of Health

TOWN HOUSE  
459 MAIN STREET  
MEDFIELD, MASSACHUSETTS 02052  
Tel: 508-906-3006 Fax: 508-359-6182

December 9, 2020

#### RE: Quarantine Policy for Close Contacts

On Monday, December 7th the Board of Health had a meeting to discuss confusion around the recent changes to quarantine policy for close contacts and new guidance on quarantine policy released by US Centers for Disease Control and Prevention. The BOH clarified that the Town of Medfield follows the MA state guidance on quarantine. At the time of that meeting, this guidance was for a 14-day quarantine that could be shortened to 10-days if a person tested negative on Day 8 and remained symptom free. However, later that day, the state updated their guidance to be consistent with the recent CDC recommendations,

(<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>)

and the Town of Medfield is now following that new guidance, which shortens quarantine period in some situations. The new guidance is summarized below.

- Incubation period is the time between when a person is exposed to COVID-19 and when they develop symptoms. During the incubation period, a person may be infectious even though they do not have symptoms. Early in the incubation period, a person with COVID-19 infection may falsely test negative. The majority of COVID-19 cases have incubation periods fewer than 10 days, although the possible incubation period is still 14 days.
- During the quarantine period, people must not have visitors in their homes, and they cannot have contact with other people who live in their homes.
- The 14-day quarantine recommendation remains in place for any person experiencing any COVID-19 symptoms during the quarantine period, even if they have a negative test, and for those unwilling or unable to conduct active self-monitoring of symptoms.
- Under the new guidance, people who have no symptoms and have either a negative PCR or antigen test taken on Day 5 or later, can be released on Day 8 (following 7 days of

quarantine). *Please note that currently a negative PCR test is still the only acceptable test result to enable return to school within above guidelines.*

- If the person does not have a test and does not have symptoms, they may be allowed to leave quarantine on Day 11 (following 10 days of quarantine).
- Under either option, the individual must conduct active monitoring of their symptoms through Day 14 and get tested and isolate if they develop any sign of disease.
- Quarantine guidelines are subject to change as the evidence base for policy evolves or if the epidemic situation worsens and the community shifts into a higher risk category. This change would not be carried out without public notice.
- The guidance for a person who has tested positive for COVID-19 has not changed, which means they should stay in self-isolation for 10 days. They can resume public activities after the 10 days if they have gone for 24 hours without a fever and without taking fever-reducing medications like Tylenol and have experienced improvement in other symptoms, such as a cough that has gotten much better.

If you have questions about COVID-19 policies in Medfield, please do not hesitate to reach out to the Board of Health members or contact Nancy Bennotti at [nbennotti@medfield.net](mailto:nbennotti@medfield.net) or 508-906-3006.

Thank you,

Stephen Resch (Chair),  
Holly Rand  
Carol Read  
Kathy Thompson  
Melissa Coughlin