



# COVID-19 QUICK REFERENCE

## WATCH FOR SYMPTOMS

Symptoms may appear as early as the day after exposure, or up to 14 days after. Common signs and symptoms of COVID-19 include:

- Congestion or runny nose
- Sore Throat
- Cough
- Fatigue
- New loss of taste, smell or appetite
- Fever or chills
- Headache, muscle, or body aches
- Difficulty breathing
- Nausea or vomiting
- Diarrhea

## IF YOU TEST POSITIVE, ISOLATE (VACCINATED OR NOT)

Stay at home for a full 5 days after symptoms start/positive test. To keep others in your home safe, wear a mask and stay in a separate room. Get rest and stay hydrated. Manage symptoms using over-the-counter medications, as tolerated, such as Tylenol or ibuprofen. Stay in touch with your doctor. Time-sensitive treatments for COVID are available to decrease the severity and duration of the virus.

## SEEK EMERGENCY MEDICAL ATTENTION IF YOU HAVE:

- Trouble breathing
- Persistent chest pain or pressure
- New confusion, weakness
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

Call 911. Tell them you have tested positive for COVID.

## IF YOU HAVE BEEN IDENTIFIED AS A CLOSE CONTACT, QUARANTINE

If not vaccinated, not up to date on vaccines, or did not have COVID in the last 90 days: Mask, stay home and away from others for a full 5 days. Monitor for symptoms, test on the 5th day, and if negative, continue to mask for a total of 10 days. If you're up to date on vaccines: Mask for 5 full days, test on the 5th day, and continue to mask for a total of 10 full days. Regardless of vaccine status, if you experience symptoms or test positive, follow isolation guidelines (above).

## RESOURCES

- Evaluation for treatment is available for anyone over the age of 18 online at [www.mass.gov/COVIDTeleHealth](http://www.mass.gov/COVIDTeleHealth) or by phone at 1-844-352-6567.
- For additional current information on COVID treatments, local testing locations/hours, and vaccine/booster information, visit [www.frcog.org/covid](http://www.frcog.org/covid)
- For additional info, visit [vaxfinder.mass.gov](http://vaxfinder.mass.gov) (vaccines) & [mass.gov/covid-19-testing](http://mass.gov/covid-19-testing) (testing)

## CONTACT INFORMATION

If you have needs or questions about a positive test, and live in: Ashfield, Bernardston, Buckland, Charlemont, Colrain, Conway, Erving, Gill, Hawley, Heath, Leyden, Monroe, Northfield, Rowe, or Shelburne, please contact:

FRCOG Public Health Nursing team at 413-774-3167 ext 206 or visit [www.frcog.org/covid](http://www.frcog.org/covid)

Residents of these towns can direct questions, needs, and positive at-home tests results to:

Deerfield/Sunderland • Mary Ellen Sloan, RN • 413-772-9350

Greenfield • Megan Tudryn, RN • 413-824-5855

Montague • Robin Neipp, RN • 413-824-5854