



COVID-19 QUICK REFERENCE

WATCH FOR SYMPTOMS

Symptoms may appear as early as the day after exposure, or up to 10 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, 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 (day 0 is positive test or symptom onset). Keep your household safe: wear a high-quality mask and stay in a separate room. Rest and stay hydrated. Manage symptoms using over-the-counter medications. Stay in touch with your doctor. Time-sensitive treatments are available to decrease the severity/duration of the virus. You may leave isolation on day 6 if your symptoms are improving and you wear a mask around others, including at home, through the end of day 10.

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

IF YOU HAVE BEEN EXPOSED TO COVID

Wear a mask any time you are around others inside your home or indoors in public for the 10 days following your exposure (last date of exposure is day 0). Even if asymptomatic, take a rapid antigen or PCR test on day 6 or later. Do not go anywhere where you cannot wear a mask and take precautions around others who may get very sick from COVID-19. If you develop symptoms at any time, stay home until you feel better and take a rapid antigen or PCR test. If symptoms persist, repeat rapid tests 48 hrs apart.

RESOURCES

Evaluation for treatment is available for anyone over the age of 18 by phone at 1-844-352-6567 online at <https://www.mass.gov/info-details/free-telehealth-for-covid-19-treatment-with-paxlovid>

For additional current information on COVID treatments, local testing locations/hours, and vaccine/booster information, visit [frcog.org/covid](https://www.frcog.org/covid)

For additional info, visit [vaxfinder.mass.gov](https://www.vaxfinder.mass.gov) (vaccines) & [mass.gov/covid-19-testing](https://www.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

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

Greenfield • Megan Tudryn, RN • 413-824-5855 **Deerfield/Sunderland** • Mary Ellen Sloan, RN • 413-772-9350

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