



**Public Health**  
Prevent. Promote. Protect.

# QUARANTINING IS TOUGH

## Here are some resources that can help

### Action, Inc

(978) 282-1000 (Main Number)  
Business hours M-F 9am-5pm

Cape Ann Emergency Relief Fund  
[actioninc.org/caerf](http://actioninc.org/caerf)  
978-282-1000, x234  
[caerf@actioninc.org](mailto:caerf@actioninc.org)

Rental & Housing Assistance  
978-282-1000  
[help@actioninc.org](mailto:help@actioninc.org)

Energy & Heating Assistance  
978-281-3900  
[fuelassistance@actioninc.org](mailto:fuelassistance@actioninc.org)

COVID-19 Resources  
[actioninc.org/covid-19-resources/](http://actioninc.org/covid-19-resources/)

### The Open Door

(978) 283-6776  
Nutritious groceries delivered while you're in quarantine.

### Health Insurance Enrollment Assistance

North Shore Community Health  
(978) 282-8899

### COVID-19 Testing Sites

[mass.gov/stopthespread](http://mass.gov/stopthespread)

### Pathways For Children

(978) 281-2400

#### Head Start

In-person and Remote Classrooms, Virtual Support and School Age Care  
Theresa Folsie: [tfolsie@pw4c.org](mailto:tfolsie@pw4c.org)

#### Virtual Parent Connection Drop In Support and Parent Mentor Program

Tanya Cornetta: [tcornetta@pw4c.org](mailto:tcornetta@pw4c.org)

#### Virtual Individual and Group Based Parenting Support in English and Spanish

Hailey MacDonald: [hmacdonald@pw4c.org](mailto:hmacdonald@pw4c.org)

#### Virtual Positive Parenting Solutions and Baby Play Groups

Amy Larsen: [alarsen@pw4c.org](mailto:alarsen@pw4c.org)

### Outpatient Mental Health Assistance

(781) 540-3329

#### Children's Friend & Family Services

Free help accessing Outpatient Mental Health Care for Adults and Youth

### Prescription Medication Delivery

Please call your pharmacy to arrange for delivery

CVS 6 Thatcher Road 978-283-7480

CVS Gloucester Crossing 978-281-2450

Walgreens 201 E Main St 978-283-7361

Walgreens 127 Eastern Ave 978-281-2720

HEALTH DEPARTMENT

3 Pond Rd, City Hall Annex, Gloucester, MA 01930  
Phone: 978-325-5260 website: [www.gloucester-ma.gov](http://www.gloucester-ma.gov)



# COVID-19 QUARANTINE FAQS



**14 Days seems like such a long time, do I really have to quarantine for that long?**

The virus takes time to develop in your system after exposure so the symptoms of COVID-19 can take 2-14 days to show after your last exposure to the virus.



**I was recently around someone who has COVID-19, but I feel fine. Why should I stay home?**

People with COVID-19 can still spread the virus even if they don't have symptoms. Help stop the spread by staying home.



**My COVID-19 test was Negative, why can't I be released from Quarantine?**

You may test negative if the sample was collected early in your infection and test positive later during this illness. You also may never contract the virus, but you must wait out the incubation period to more safely help stop the spread.



**If I live with someone that has COVID-19 when will I be released from Quarantine?**

If you are able to isolate from the person that is sick you may be released 14 days from your last close contact with that person. However, if you are not able to separate from that person, you will be released 14 days after they complete their isolation.