** TOWN OF SAUGUS**

BOARD OF HEALTH

298 CENTRAL STREET, SUITE 9

SAUGUS, MASSACHUSETTS 01906

*Board of Health Telephone: (781) 231-4120*

*John R. Fralick, III RS/REHS (781) 231-4117*

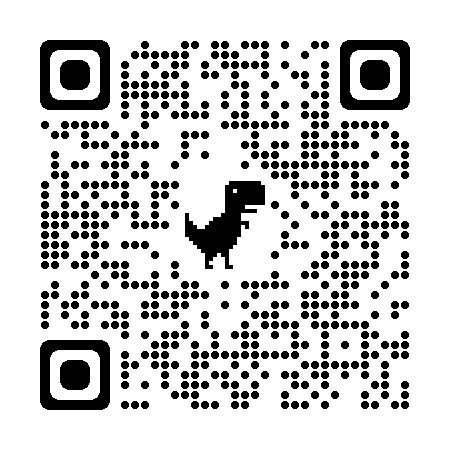
*Director of Public Health jfralick@saugus-ma.gov*

**When to use your self-test:**

* Consider using your COVID-19 self-test prior to attending any large gatherings this holiday season. This is especially important if you are attending an even with any unvaccinated persons/children, or anyone that may be immunocompromised.
* Consider using your COVID-19 self-test if you know you have been exposed to someone with COVID-19

**How to use your self-test:**

* Follow the instructions included with your COVID-19 self-test kit.
* Having trouble? Please scan the QR code to watch a simple YouTube tutorial with clear instructions.



**My test came back positive, what should I do?**

* Call your primary care physician.
* Begin isolation immediately.
* Inform all close contacts (people you have been in immediate contact with for more than 15 minutes over the past 48 hours).
* Please visit [Saugus-MA.gov](file:///C:\Users\jfralick\Desktop\saugus-ma.gov) for further information!