
What to do if you are on quarantine or isolation for COVID-19

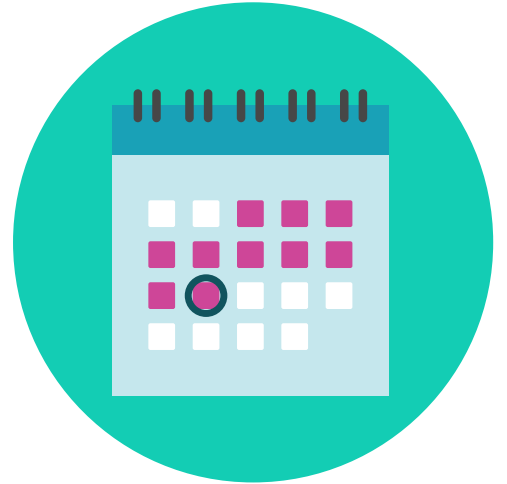


CORONAVIRUS
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What is quarantine?

Quarantine is for people who are not sick and don't have any symptoms of COVID-19, but who may have been exposed to the virus. It keeps you away from others so you don't infect someone else without knowing it.

You should quarantine for 10 days if you were exposed to COVID-19. This means you were in close contact with someone who has COVID-19 while that person was infectious.



Close contact means:

- You were closer than 6 feet from someone who has the virus for a cumulative total of 15 minutes or longer in a 24 hour period.
- You cared for someone at home who is sick with COVID-19.
- You had direct physical contact with the person who has COVID-19 (hugged or kissed them).
- You shared eating or drinking utensils with the person who has COVID-19.
- The person who has COVID-19 sneezed, coughed, or somehow got respiratory droplets on you.

What should I do on quarantine?

- Stay home and away from other people as much as you can.
- You should not go to work, school, extracurricular activities, religious services, family gatherings, or other activities.
- Limit the number of visitors to your home.
- Try to stay at least 6 feet or 2 meters (about 2 arm lengths) away from other people.
- Wear a mask if you have to be around other people.
- Wash your hands often or use hand sanitizer.
- Clean surfaces that are touched often (like phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal).

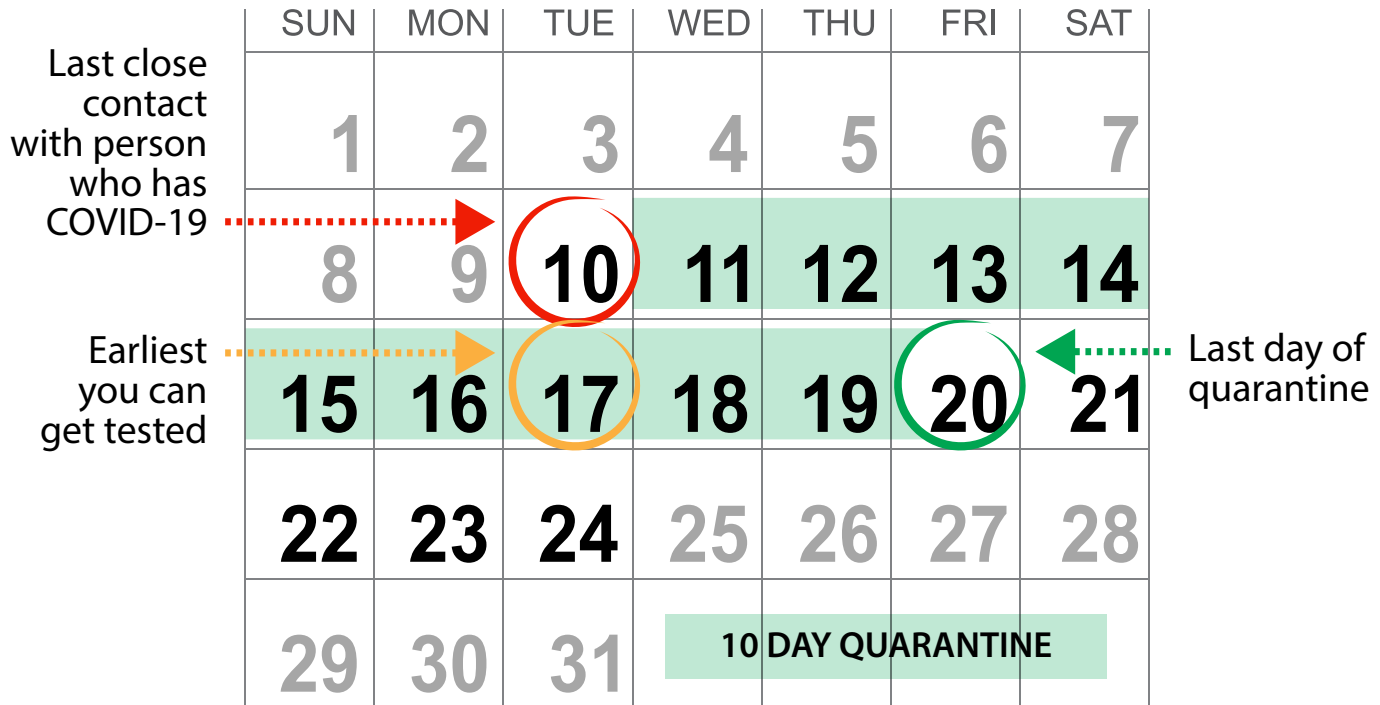
If you must leave your home for essential items like groceries or to seek medical care, take extra safety precautions so you don't spread the virus to other people.



When can I end quarantine?

You should stay in quarantine for 10 days. Or you can be tested on day 7 of quarantine and if you test negative and do not have any symptoms of COVID-19, you can end quarantine.

If you choose not to get tested or you are living with someone who has COVID-19, you can end quarantine 10 days after the last time you were around the person who has COVID-19.



If you live with someone who has COVID-19, you must quarantine for 10 days, even if your test result is negative.

You are at a much higher risk of getting infected with the virus. It can be very hard to stay isolated from people who have COVID-19 and live in your home. This means you may need to quarantine longer than 10 days if you can't stay away from the person who was sick. Every time you come into close contact with the person who tested positive while they are infectious, your 10-day quarantine starts over.



Will the health department call me if I test positive or was exposed to COVID-19?

Public health workers try to contact everyone who tests positive for COVID-19 or who is exposed to someone with COVID-19. A public health worker may call you or send you a text or email letting you know you were exposed and should quarantine.

You should check for symptoms of COVID-19 every day. There are two ways you may be asked to check for symptoms if you are quarantined. One way is called active monitoring. On active monitoring, a public health worker contacts you one time a day to check on you and ask you how you are feeling. You may get a phone call or text from the health department if you are quarantined to see if you have any symptoms or need help finding resources.

The other way is called self monitoring. On self monitoring, the health department will not call or text you every day. Instead, you will check your symptoms every day and call the health department or a healthcare provider if you have any questions or concerns. If you get sick or develop symptoms of COVID-19 while you are on quarantine, you should get tested. You can find a testing location near you at: <https://coronavirus.utah.gov/utah-covid-19-testing-locations/>.



Why do I need to write down my temperature and symptoms every day on quarantine?

Most people will develop symptoms by day 10 after their exposure but it can take up to 14 days for symptoms to appear. Some people only have very mild symptoms and may not realize it's COVID-19. That is why it's important to write down your temperature and how you are feeling every day. If you develop any symptoms you should get tested for COVID-19.



Symptoms of COVID-19 include: fever, cough, shortness of breath, sore throat, muscle aches and pains, or a decrease in your sense of taste or smell.

If you get sick on quarantine or have any symptoms of COVID-19, isolate and call a doctor right away. You need to get tested for COVID-19.

Testing

Wait 7 days after you were exposed to get tested for COVID-19. This lets enough of the virus build up in your body to be detected by the tests.

You can be tested on day 7 of quarantine and if you test negative and do not have any symptoms of COVID-19, you can end quarantine.

If you test positive, follow the isolation guidelines on page 7. Someone from the health department may call, text, or email you.



How do I monitor my symptoms?

Use the following steps to check your symptoms and write down your information. You need to do these steps 2 times every day for the 10 days you are on quarantine unless the health department tells you to stop. **The health department will tell you the date of last exposure and the date you can stop writing down your temperature and symptoms.**



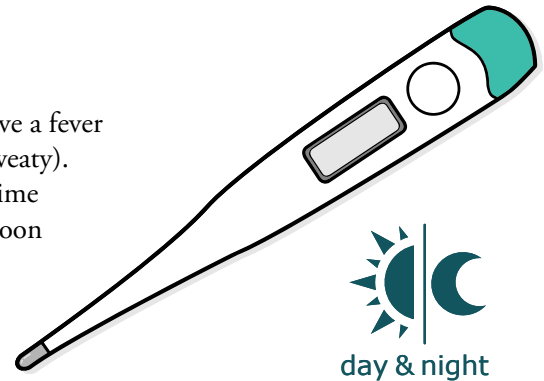
for



Step 1

Take your temperature 2 times a day. Do this every day for 10 days.

- Use a thermometer to take your temperature.
- If you don't have a thermometer, write down if you think you have a fever (your skin may feel hot or be red, or you may have chills or be sweaty).
- Take your temperature one time in the morning (AM) and one time at night (PM). If you forget to take your temperature, take it as soon as you remember.



Important things to know about taking your temperature:



Wait for 30 minutes after you eat, drink, or exercise to take your temperature.

Wait



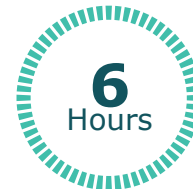
after you eat, drink or exercise



Take your temperature before you take any medicine. Some medicines lower your temperature which makes it hard to know if you have a fever. Wait 6 hours to take your temperature after you take medicine like:

- Acetaminophen, also called paracetamol (Tylenol)
- Ibuprofen
- Aspirin

Wait



after you take any medicine



It's best to use an ear thermometer for infants, babies, and children younger than 4 years old. If you take your child's temperature under the arm and the temperature is 99.4°F/37.4°C or higher, your child has a fever. It is important to tell the doctor or the local health department if you take your child's temperature under the arm.



Use ear thermometer for children younger than 4 years old.



Adults
Temperature
100.4°F/38°C
or higher

Children
Temperature
99.4°F/37.4°C
or higher

Step 2

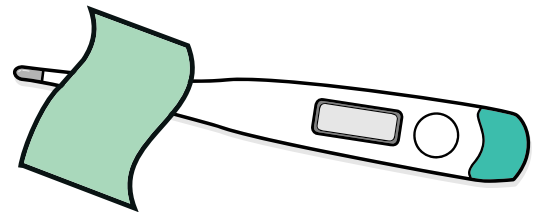
Write your temperature and symptoms on the form at the end of this book. Do this every day for 10 days.

- The “date of last exposure” on the form is the day you were exposed to COVID-19. It is the last time you were in close contact with the person who tested positive while they were infectious. A person is considered infectious 2 days before he or she has symptoms. If the person did not have symptoms, he or she is infectious starting 2 days before they were tested for COVID-19. The date you can stop monitoring your temperature and symptoms is 10 days after the date of last exposure. If you don't know what these dates are, call the health department, school, or worksite depending on where you were exposed. Fill in all of the dates for 10 days. Do not leave any spaces empty.
- Write your temperature on the form at the end of this book. You should take your temperature 2 times every day. Take your temperature one time in the morning (AM) and one time at night (PM).
- If you have any of the symptoms listed on the form, mark “Y” for yes or “N” for no.



Step 3

Clean the thermometer every time someone uses it.



Step 4

If you have a fever, cough, shortness of breath, muscle aches, sore throat, or a decrease in your sense of taste or smell:

- Isolate and get tested for COVID-19.
- If your symptoms get worse or you feel like you need medical care, get medical help right away. It is safe to go to the hospital or doctor's office. Wear a mask and let the healthcare workers know you have tested positive for COVID-19.



It is safe to go to the hospital or doctor's office during the pandemic

If you have any of these emergency warning signs*, get medical help right away:



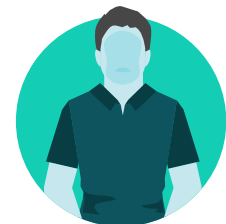
Trouble breathing or shortness of breath



Pain or pressure in your chest that does not go away



Feeling confused or cannot wake up easily

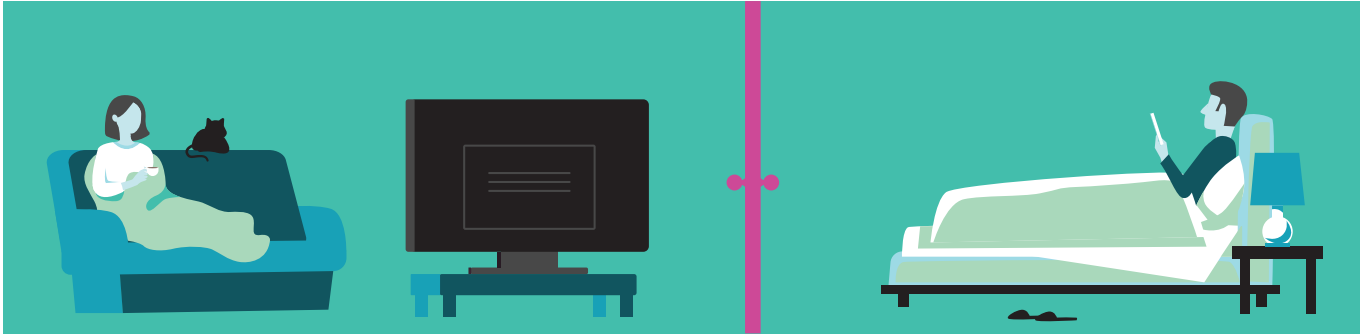


If your lips or face look bluish

When do I isolate?

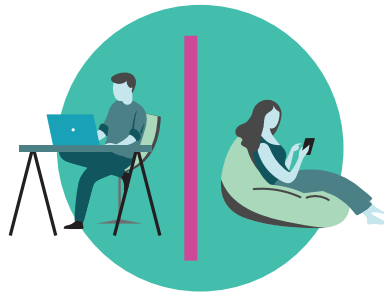
Isolation is for people who test positive or have symptoms of COVID-19. Isolation keeps someone who is infectious with COVID-19 away from healthy people to stop the virus from spreading.

It can be very hard to stay isolated from people who live in your home. Anyone who lives in your home should quarantine for 10 days from the last time they were in close contact with you during isolation.



Isolation means:

- Even in your own home, you should stay away from other people as much as you can. Stay at home except to get medical care.
- Wear a face mask if you have to be around other people (if you have to be in the same room or car). If you can't wear a face mask because it makes it hard for you to breathe, stay in a different room from other people. If people come into your room, they should wear a face mask.
- Do not travel until your isolation is finished and everyone who lives with you is done with quarantine.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Wash your hands with soap and water often. If you do not have soap or water, you can use an alcohol-based hand sanitizer. Try to use an alcohol-based hand sanitizer that has 60% to 95% alcohol.



Try to stay in different rooms



Wash your hands with soap and water



Wear a face mask if you have to be around others



Try not to use the same personal items as other people

When can I end isolation?

If you tested positive and had symptoms

You should isolate until you have been:

- Fever-free for 24 hours (this means you did not use medicine to lower your fever), and
- Your respiratory symptoms have improved for 24 hours, and
- It has been at least 10 days since you first got sick.
- If you did not have symptoms, isolate for 10 days from the day you were tested.



How long do people who live with me need to quarantine?

It can be very hard to stay isolated from people who have COVID-19 and live in your home. Anyone who lives in your home should quarantine for 10 days from the last time they were in close contact with you during isolation. Every time they come into close contact with you while you are infectious, their 10-day quarantine starts over. They should not end quarantine before 10 days, even if they test negative.

How do I call my local health department?

If you have any questions, call your local health department or the Utah Department of Health. You may also call the Coronavirus hotline at 1-800-456-7707.

Utah Department of Health	1-888-EPI-UTAH (374-8824)
Bear River Health Department (Box Elder, Cache, and Rich counties)	(435) 792-6500
Central Utah Public Health Department (Juab, Millard, Piute, Sanpete, Sevier, and Wayne counties):	(435) 896-5451
Davis County Health Department	(801) 525-5000
Salt Lake County Health Department	(385) 468-4100
San Juan Public Health Department	(435) 359-0038
Southeast Utah Health Department (Carbon, Emery, and Grand counties)	(435) 637-3671
Southwest Utah Public Health Department. (Beaver, Garfield, Iron, Kane, and Washington counties)	(435) 673-3528
Summit County Health Department	(435) 333-1500
Tooele County Health Department.	(435) 277-2300
TriCounty Health Department (Daggett, Duchesne, and Uintah counties)	(435) 247-1177
Utah County Health Department	(801) 851-7000
Wasatch County Health Department	(435) 654-2700
Weber-Morgan Health Department	(801) 399-7100

