

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

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CORONAVIRUS  
UTAH.GOV



UTAH ASSOCIATION of  
LOCAL HEALTH DEPARTMENTS



UTAH DEPARTMENT OF  
HEALTH

Updated 2/4/2022

# COVID-19 vaccinations

All COVID-19 vaccines approved or authorized by the FDA and CDC are safe and effective at protecting you from the virus. They help keep you from getting sick, needing to be hospitalized, and dying from COVID-19. You can still get COVID-19 after you're vaccinated but people who are vaccinated are less likely to get severely ill or be hospitalized than people who chose not to get vaccinated.



Quarantine guidelines are based on whether you are up-to-date with your COVID-19 vaccinations.

You are [up-to-date with your COVID-19 vaccinations](#) if you've had:

- A booster dose of any COVID-19 vaccine, or
- A 2nd dose of the Pfizer or Moderna COVID-19 vaccine in the last 5 months, or
- A Johnson & Johnson COVID-19 vaccine in the last 2 months.
- Children younger than 18 are considered up-to-date if they've had 2 doses of the Pfizer COVID-19 vaccine. A booster dose is not included in the definition of up-to-date yet for children.

The CDC also uses the term fully vaccinated. Fully vaccinated means it has been 2 weeks or longer since you had your final dose of a primary series of the COVID-19 vaccine. For Pfizer or Moderna, a primary series is 2 doses of the same vaccine. For Johnson & Johnson, a primary series is a single dose of the vaccine.

**You can get vaccinated as soon as you are no longer in isolation or quarantine and you don't have any symptoms of COVID-19.**

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## When should I get tested for COVID-19?

[Stay home](#) and [get tested](#) if you have [symptoms](#) of COVID-19, even if they are mild. We know there is a chance people can get re-infected and that vaccinated people can get COVID-19.

**Anyone who is exposed to COVID-19 should get tested.** Some people can test positive after they have COVID-19 even though they are done with isolation and no longer infectious to other people. We recommend you not get tested after an exposure if it's been **less than 90 days** (about 3 months) since you first tested positive, as long as you don't have any new symptoms. However, if you have any new symptoms or it's been **more than 90 days** (about 3 months) since you tested positive, you should get tested again. We also know there is a chance vaccinated people can get COVID-19, so to be very safe we suggest you get a COVID-19 test 5 days after you were exposed, even if you are vaccinated.



**Wait 5 days after your exposure to get tested.** This lets enough of the virus build up in your body to be detected by the tests. The vaccines do not interfere with the accuracy of COVID-19 tests. You may need to get tested more than one time, depending on what type of test you had, when you were tested, and if you had symptoms at the time of your test. After you get tested, go home right away. Stay at home until you get your test result.

Some COVID-19 tests are more accurate than others. Rapid antigen tests work best when someone has symptoms of COVID-19. Most at-home tests are rapid antigen tests. These tests detect only high levels of virus and are less sensitive than PCR tests. **Get a PCR test if your antigen test result is negative and you have symptoms.** You may have a false negative test result. If you can't get a PCR test or you choose to use a rapid antigen or at-home test again, wait 24-36 hours before re-testing.

## Do I need to quarantine?

Quarantine is for people who were exposed to COVID-19 but aren't sick or haven't tested positive yet. It keeps you away from others so you don't infect someone else without knowing it. This is different from isolation which is what someone needs to do if they test positive or has symptoms of COVID-19. You should quarantine and take safety precautions 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 a person who has COVID-19 (hugged or kissed them).
- You shared eating or drinking utensils with a person who has COVID-19.
- Someone who has COVID-19 sneezed, coughed, or somehow got respiratory droplets on you.



For a total of  
15 Minutes

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## You don't need to quarantine if:

- You tested positive for COVID-19 in the last 90 days (about 3 months).
- You are up-to-date with your COVID-19 vaccinations.

### Being up-to-date with your COVID-19 vaccinations means you've had:

- A booster dose of any COVID-19 vaccine, or
- A 2nd dose of the Pfizer or Moderna COVID-19 vaccine in the last 5 months, or
- A Johnson & Johnson COVID-19 vaccine in the last 2 months.
- Children younger than 18 are considered up-to-date if they've had 2 doses of the Pfizer COVID-19 vaccine. A booster dose is not included in the definition of up-to-date yet for children.

Wear a [well-fitting mask](#) around others and in public for 10 days after your exposure. Wearing a mask around others is important, even if you don't quarantine at home. This helps keep others safe. If you can't wear a mask around others for the 10 days after your exposure, you need to quarantine at home. A [high-quality mask](#) like a KN95 may provide more protection for other people who will be exposed to you.



## You need to quarantine at home for 5 days if:

- You are unvaccinated. This means you haven't had any doses of a COVID-19 vaccine.
- You are not up-to-date with your COVID-19 vaccinations.
- It's been more than 90 days since you tested positive for COVID-19 and you're not up-to-date with your vaccinations.



If you can't wear a [well-fitting mask](#) around others and in public after being exposed or after ending a 5-day quarantine at home, the CDC recommends you stay at home for 10 days instead of 5.

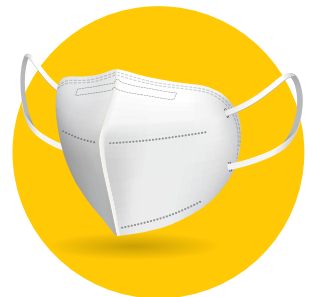
We also recommend you get tested 5 days after your last close contact with the person who has COVID-19 to make sure you're not possibly spreading the virus to others, even if you don't quarantine at home. If you test positive or develop symptoms, isolate at home right away. If it's been less than 90 days (about 3 months) since you first tested positive for COVID-19 and you don't have any new symptoms, you don't need to get tested again during this 90-day timeframe.

Watch for symptoms of COVID-19 and get tested if you get sick.

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## Take these safety precautions after being exposed:

- Limit the number of visitors to your home while you are in quarantine.
- Wear a mask around others. It's important to wear a mask in public and around others until it has been 10 days since you were exposed to COVID-19. Avoid going to places where it is hard to wear a mask during these 10 days, such as a gym or restaurant.
- Check for symptoms of COVID-19 every day for 10 days after your exposure, including taking your temperature if possible. Get tested right away if you have symptoms of COVID-19 during quarantine.
- Get tested at least 5 days after you last had close contact with the person who has COVID-19. If you test negative, you can leave your home as long as you wear a mask around others. If you test positive, isolate at home.
- Stay away from people who are immunocompromised or at higher risk for getting very sick from COVID-19. You should not visit a long-term care facility, nursing home, or other high risk setting until it has been at least 10 days since you were exposed to COVID-19.
- Don't travel until your quarantine is over. Get tested at least 5 days after you were exposed and make sure your test result is negative before traveling. Don't travel if you have symptoms of COVID-19. Wear a mask around others if you travel.

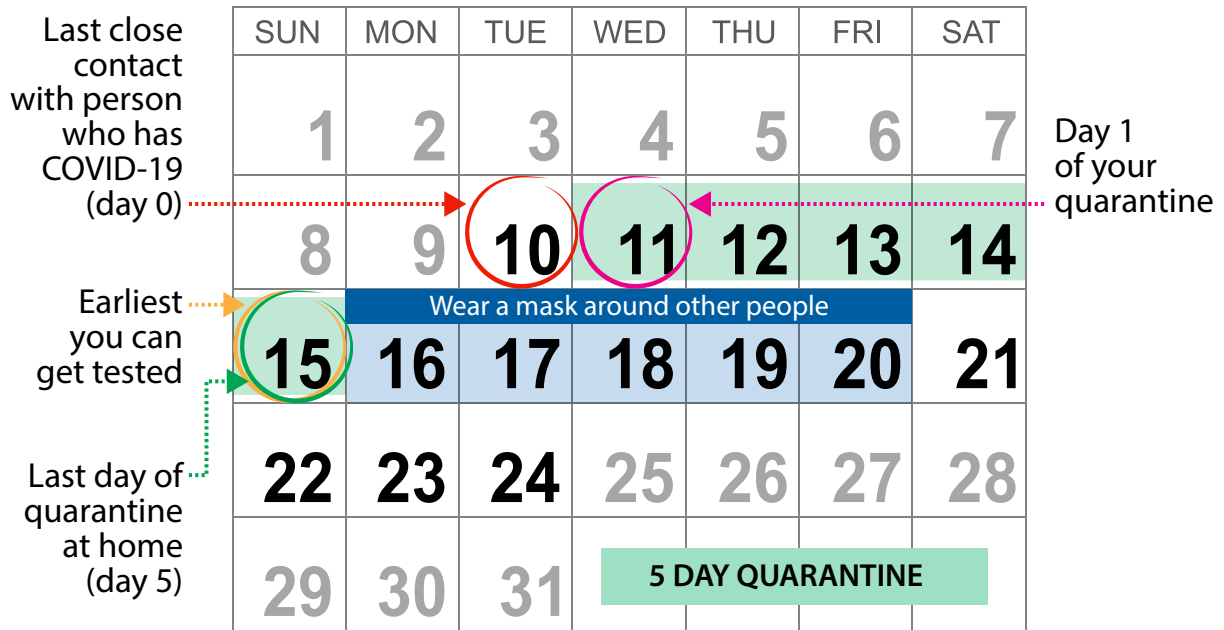


## When can I end quarantine?

The date of exposure is the last day you were exposed to the person who was infectious with COVID-19. We call this day 0 of your quarantine. This means you begin quarantine on day 0 (called the date of exposure or the last time you were in close contact with the person who has COVID-19) and end 5 full days later (days 1-5).



Remember, if you live with someone who has COVID-19 and need to quarantine at home, your 5-day quarantine starts AFTER the person who is positive is done with isolation. This means you may be in quarantine longer than 5 days if you can't stay isolated from each other.



## Do I need to quarantine at home if I live with someone who has COVID-19?

People who live with someone who has COVID-19 are called household contacts. Household contacts are at a much higher risk of getting infected with the virus.

You will need to quarantine at home for at least 5 days if you live with someone who has COVID-19 and you are unvaccinated, or not up-to-date with your COVID-19 vaccinations, or it's been more than 90 days since you had COVID-19. It can be very hard to stay away from people who have COVID-19 and live in your home. This means you may need to quarantine at home longer than 5 days if you can't stay away from the person who has COVID-19. Every time you come into close contact with the person who tested positive while they are still in isolation, your quarantine starts over.

Keep yourself and others in the house safe by wearing a mask around the person who has COVID-19. Get tested right away if you get sick or have symptoms, even if they are mild.

## Do I need to isolate at home if I test positive for COVID-19 after being vaccinated?

Yes. Stay home for at least 5 days if you test positive or have symptoms of COVID-19, even if you have been vaccinated. The vaccines do not interfere with the accuracy of COVID-19 tests. This means if you test positive after you are vaccinated, you have COVID-19. This is rare but can happen.



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

The testing location or healthcare provider who did your test will give you your test results. Test results may be given to you in-person, over the phone, or in an email. If you test positive, the health department will try to contact you to conduct a case investigation. A public health worker may call you or send you a text or email. A case investigation is when a public health worker interviews you about possible exposures to COVID-19. The public health worker will ask you where you've been while you were infectious, when symptoms started, and who else may have been exposed. He or she will also ask you if you need help finding other resources like food or housing during isolation.



Contact tracing happens after a case investigation is done. Contact tracing is how public health finds who else may have been exposed to a virus or disease and then contacts these people to let them know how long they should quarantine. Contact tracing also provides support to individuals who were exposed and who may need other services so they can quarantine.

Some health departments are not able to do case investigations or contact tracing right now. However, you may get a [text message](#) from the health department or an [exposure notification](#) if you had turned this technology on with your phone.

## Will someone from the health department check on me to see how I am feeling?

Check for symptoms of COVID-19 for 10 days after your exposure. Get tested if you get sick or have symptoms, even if they are mild. Testing locations can be found at <https://coronavirus.utah.gov/utah-covid-19-testing-locations>.

A public health worker may contact you during your quarantine period to check on you and ask you how you are feeling. You may get a phone call or text from the health department to see if you have any symptoms or need help finding resources.



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

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 take your temperature and write down how you are feeling every day. Get tested if you feel sick or develop any symptoms of COVID-19.

Symptoms of COVID-19 include: fever or chills, cough, shortness of breath or having a hard time breathing, sore throat, muscle aches and pains, fatigue, headache, congestion or runny nose, feeling sick to your stomach or vomiting, diarrhea, or a new loss in your sense of taste or smell.



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## How do I monitor my symptoms?

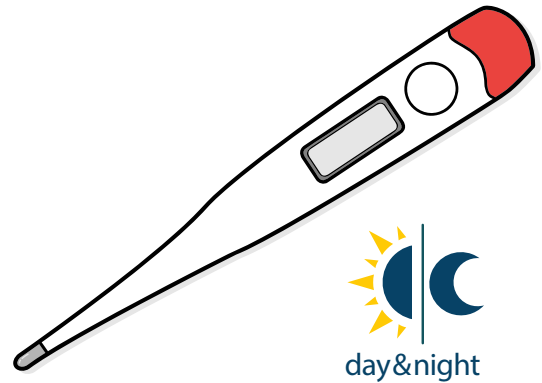
Use the following steps to check your symptoms and write down your information. You need to do these steps 2 times every day for 10 days from the day you were exposed to someone who has COVID-19.



## 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

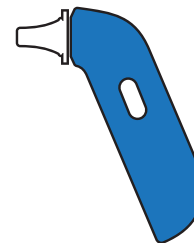
Wait



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

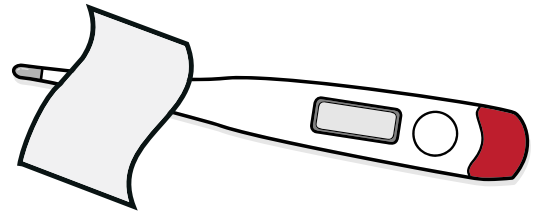
### Write your temperature and symptoms on the form at the end of this book. Do this every day for 10 days.

- The “date of last exposure” on the form is the day you were exposed to COVID-19. We call this “day 0”. 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, even if you are not quarantining at home. 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 feel sick or have symptoms of COVID-19

- Stay home until you’re feeling better.
- 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:



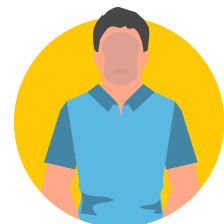
**Trouble breathing or shortness of breath**



**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**

\*These are not all of the emergency symptoms. Call your doctor if you are worried.

# How long do I need to stay home after testing positive for COVID-19?

A 10-day isolation is still the very safest length of time to stay home after you test positive. However, new data from the CDC shows that a shorter isolation and quarantine may now be used. Stay home until:

- You have been fever-free for 24 hours without using medicine to lower your fever, and
- Your symptoms have improved for 24 hours, and
- It has been at least **5 days from the day you were tested**. The day you test positive is called day 0. Stay home until it has been 5 full days after you test positive (days 1-5). You must stay home for at least 5 days.

You may need to stay at home longer than 5 days if your symptoms have not gotten better. Some symptoms, like losing your sense of taste or smell, can last for weeks or months even though you are no longer infectious and don't need to stay home anymore.

Wear a [well-fitting mask](#) around others and in public for 5 more days after you end your isolation at home.

You may qualify for treatment with monoclonal antibodies or antiviral pills if you've tested positive for COVID-19. Learn more at <https://coronavirus.utah.gov/treatments> or talk to your doctor.

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## You don't need to get tested again to end your isolation.

If you want to get tested before returning to normal activities (like work or school), the [CDC recommends](#) you get a rapid antigen test (or use an at-home test) instead of a PCR test. Wait 5 days and until you are fever-free for 24 hours and your other symptoms have improved before testing. If your rapid antigen test result is positive after 5 days of isolation, it's best to stay at home for another 5 days (a total of 10 days after you tested positive the first time). However, you can retest with another rapid antigen test again 24 hours later and if it's negative, you can end isolation at home. If your test result is negative, you can end isolation, but need to wear a [well-fitting mask](#) around others at home and in public for another 5 more days.

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## What safety precautions do I take after testing positive so others won't get exposed?

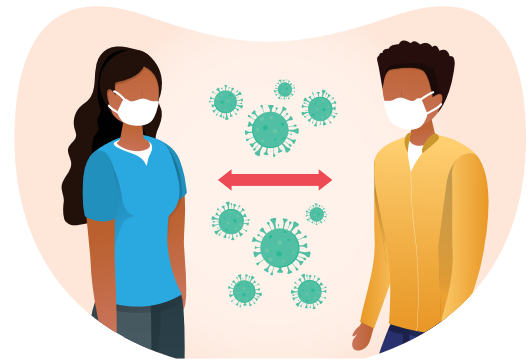
Stay at home except to get medical care. You should not travel or go to work, school, extracurricular activities, religious services, family gatherings, or other activities.

- Try to stay in a different room in your home from other people. It's important to stay away from people who are at high risk of severe illness while you are infectious. Try to use a different bathroom than other people you live with. If you can't stay in a different room or use a different bathroom, wear a mask if you need to be around other people.
- Don't share personal items like cups, plates, or towels.
- Clean surfaces that are touched often (like phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal).
- Open the windows as much as possible to help with air flow and ventilation.



## Who needs to quarantine after being around me?

You are infectious and can spread the virus to others starting up to 2 days before you first had symptoms until your isolation period is over. If you never had symptoms, you are infectious starting 2 days before the day you were tested for COVID-19. Anyone who came into close contact with you during this time should take precautions and may need to quarantine at home. Learn more on page 2.



## Who do I call if I have questions?

If you have questions, call your local health department, the Utah Department of Health, or a healthcare provider. You may also call the Coronavirus Hotline at 385-273-7878.

Utah Department of Health . . . . .	(385) 286-0296
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) 525-5200
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
Park City office . . . . .	(435) 783-3161
Kamas office . . . . .	(435) 783-3161
Coalville office . . . . .	(435) 336-3234
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) 657-3232
Weber-Morgan Health Department . . . . .	(801) 399-7250

# Tracking your symptoms after you have been exposed to COVID-19

Date of last exposure:

Date you can stop monitoring your temperature and symptoms:

**Instructions:** Take your temperature 2 times a day, one time in the morning and one time in the evening, and write it on this form. If you do not have a thermometer, write down whether or not you think you have a fever (your skin may feel hot or be red, or you may have chills or be sweaty). Mark yes (Y) or no (N) if you have symptoms or not. Do not leave any spaces empty. If you have any symptoms of COVID-19, even if they are mild, isolate right away.

## You should get tested for COVID-19.

Day # (from last exposure)	1		2		3		4		5	
Date										
AM or PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Temperature										
Think you have a fever	Y	N	Y	N	Y	N	Y	N	Y	N
Other symptoms (write down what your symptom is)										
Day # (from last exposure)	6		7		8		9		10	
Date										
AM or PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Temperature										
Think you have a fever	Y	N	Y	N	Y	N	Y	N	Y	N
Other symptoms (write down what your symptom is)										