What to do if you are on quarantine or isolation for COVID-19
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 should get a COVID-19 booster dose if you are eligible for one. However, getting a booster dose does not change your status of being fully vaccinated. You are considered fully vaccinated once it has been 2 weeks after your final dose of the primary series of the COVID-19 vaccine.

- Two-dose vaccines: 2 weeks after your 2nd shot (Pfizer BioNTech and Moderna).
- One-dose vaccines: 2 weeks after your shot (Johnson & Johnson/Janssen).

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.

What should I do if I’m exposed to COVID-19?

<table>
<thead>
<tr>
<th>If you have never had a COVID-19 vaccine:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Quarantine</strong> at home and <strong>get tested</strong> for COVID-19.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>If you are partially vaccinated. This means it it has been less than 2 weeks since your final dose of a COVID-19 vaccine:</th>
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<table>
<thead>
<tr>
<th>If you are fully vaccinated. This means it has been at least 2 weeks since your final dose of a COVID-19 vaccine:</th>
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</thead>
<tbody>
<tr>
<td><strong>Get tested</strong> for COVID-19. You don't have to quarantine at home but you should wear a mask around other people for 10 days after your exposure. Isolate at home and get tested again if you get symptoms of COVID-19 within the 2 weeks after your exposure.</td>
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<th>If it’s been less than 180 days since you tested positive for COVID-19:</th>
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What is 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. You should quarantine 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.

You don’t need to quarantine if:

• You are fully vaccinated. You don't have to quarantine if it has been 2 weeks since your final shot, even if you are exposed to COVID-19. Fully vaccinated people can continue to go to work, school, and participate in events. We suggest vaccinated people get a COVID-19 test 5-7 days after they were exposed. You should also wear a mask when you're around other people for 10 days after your exposure.

• You’ve had COVID-19 and it’s been less than 180 days (about 6 months) since you tested positive. We recommend you not get tested again if it’s been less than 90 days (about 3 months) since you first tested positive for COVID-19. However, if it’s been between 90-180 days (3-6 months) since you tested positive, you should get tested again.

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.

When should I get tested for COVID-19?

Isolate 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 fully vaccinated people can get COVID-19 (called a breakthrough case).

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 for COVID-19. However, if it’s been between 90-180 days (3-6 months) since you tested positive, you should get tested again. We also know there is a chance vaccinated people can get COVID-19 (called a breakthrough case), so to be very safe we suggest you get a COVID-19 test 5-7 days after you were exposed, even if you are vaccinated.

Wait 7 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. If you were tested with a rapid antigen test, you may need to get a PCR test to confirm the results. You should get a PCR test within 24-48 hours after you got your rapid antigen test if:

• You have symptoms of COVID-19 but your rapid antigen test result was negative.

• You do not have symptoms of COVID-19 and were not in close contact with someone who has COVID-19 but your rapid antigen test result was positive.

What is 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. You should quarantine 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.
You must quarantine at home if:

- **You aren’t fully vaccinated.** You are fully vaccinated 2 weeks after getting your final dose of a COVID-19 vaccine. Anyone who has only had 1 dose of an mRNA vaccine (Pfizer or Moderna) or it’s been less than 2 weeks from their final dose should quarantine after being exposed to COVID-19.

- **It’s been more than 180 days (about 6 months) since you tested positive for COVID-19.** Studies show natural immunity - or immunity from having COVID-19 - may only last about 3-6 months.

Everyone who is exposed to COVID-19 should take safety precautions for 14 days after the exposure, even if you are vaccinated or already had COVID-19:

- Check for symptoms of COVID-19 every day. Get tested right away if you have symptoms of COVID-19 during the 14 days after your exposure.
- Stay home and away from other people as much as possible. Do not go to school, work, extracurricular activities, religious services, family gatherings, or other activities until your quarantine is over. Only leave your home if you have to, such as to get medical care.
- Wear a face mask when you’re around other people.
- Limit the number of visitors to your home.
- Clean surfaces that are touched often (phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal).
- Wash hands with soap and water often. If soap and water are not available, use an alcohol-based hand sanitizer that is at least 60% alcohol.
- Open the windows as much as you can to improve the ventilation and increase air exchanges in rooms.

**When can I end quarantine?**

You may end quarantine:

- **10 days after your exposure if you don’t get tested and don’t have symptoms.** You can end quarantine 10 days after the last time you had close contact with the person who tested positive if you don’t have symptoms of COVID-19.

- **7 days after your exposure if you have a negative test result.** You must wait at least 7 days after your exposure to be tested. You can end quarantine if your test is negative and you do not have any symptoms of COVID-19.

- **You must quarantine for 10 days if you live with someone who has tested positive for COVID-19, unless you are fully vaccinated or tested positive for COVID-19 in the last 180 days (about 6 months).**

- **You should quarantine for 14 days if you live or work in a congregate living setting** (like a long-term care facility, group home, correctional facility, or shelter) and were exposed to COVID-19 because the chance for spread and severe illness is very high.

Although you can end quarantine after Day 10 if you don’t have symptoms or after Day 7 if you test negative, you still need to take safety precautions and watch for symptoms for 14 days after you were exposed.

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![Calendar](calendar.png)

**CORONAVIRUS**

**UTAH.GOV**
You must quarantine for 10 days if you live with someone who has COVID-19, unless you are fully vaccinated or it has been less than 180 days (about 6 months) since you tested positive for COVID-19.

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 because you were exposed to the virus again.

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

Yes. Isolate at home if you test positive or have symptoms of COVID-19, even if you have been vaccinated. These are called breakthrough cases. 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.

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 contact tracing right now and are focusing their limited and strained resources on case investigations. However, you may get an exposure notification if you had turned this technology on with your phone. Follow quarantine guidelines and get tested 5-7 days after the exposure, even if the health department doesn’t contact you.
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 take your temperature and write down how you are feeling every day. If you develop any symptoms you should get tested for 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.

If you get sick on quarantine or have any symptoms of COVID-19, isolate and get tested for COVID-19 right away.

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 14 days from the day you were exposed to someone who has COVID-19, even if you end quarantine sooner than 14 days after your exposure. The health department will tell you the date of last exposure and the date you can stop writing down your temperature and symptoms.

Step 1

Take your temperature 2 times a day.
Do this every day for 14 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.
- 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
- 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.

**Adulthood Temperature**
- 100.4°F/38°C or higher

**Children Temperature**
- 99.4°F/37.4°C or higher
Write your temperature and symptoms on the form at the end of this book. Do this every day for 14 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 14 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 14 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.

Clean the thermometer every time someone uses it.

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.

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.
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.

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 is not fully vaccinated and came into close contact with you during this time should quarantine.

Isolation means:

• Stay at home except to get medical care. You should not 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. You should also try to use a different bathroom than other people. If you can’t stay in a different room or use a different bathroom, stay as far away from other people in your home as possible.
• 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 or have visitors to your home until your isolation is finished and everyone who lives with you is done with quarantine.
• Don’t share personal items with other people like cups, plates, or towels.
• 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.
• Clean surfaces that are touched often (like phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal).
When can I end isolation?

- 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.

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 1-800-456-7707.

Utah Department of Health ................................................................. 1-888-EPI-UTAH (374-8824)
Bear River Health Department ...................................................... (435) 792-6500
(Box Elder, Cache, and Rich counties)
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 .................................... (435) 673-3528
(Beaver, Garfield, Iron, Kane, and Washington counties)
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 .................................................... (435) 247-1177
(Daggett, Duchesne, and Uintah counties)
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.

<table>
<thead>
<tr>
<th>Day # (from last exposure)</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
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<tbody>
<tr>
<td>Date</td>
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<td>AM or PM</td>
<td>AM</td>
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<td>AM</td>
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<td>AM</td>
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<tr>
<td>Temperature</td>
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<tr>
<td>Think you have a fever</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
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<tr>
<td>Other symptoms (write down what your symptom is)</td>
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<td>Day # (from last exposure)</td>
<td>8</td>
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<td>10</td>
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<td>Temperature</td>
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<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
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