



## State of Utah

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To Whom It May Concern,

This letter is to provide information about the actions required of any person who tests positive for COVID-19. The person who tests positive should isolate at home and away from others until they have been:

- Fever-free for 24 hours (this means they have not used medicine to lower their fever), and
- Their symptoms have improved for 24 hours, and
- It has been at least 5 days from the day their symptoms started. Day 0 is the day of their symptom onset.
- If the person did not have symptoms, they should stay home for 5 days from the day they were tested. If they get sick, or develop symptoms, their 5-day isolation at home starts over.

Anyone who tests positive should wear a well-fitting mask around others and in public for 5 more days after they end their isolation at home. If an individual has access to a test and wants to test, the best approach is to use an antigen test towards the end of the 5-day isolation period. If the test result is positive, they should continue to isolate until day 10. If the test result is negative, they can end isolation but continue to wear a well-fitting mask around others at home and in public until day 10.

Please contact the Bureau of Emerging Diseases, Contact Tracing, at 385-286-0296 or TOLL- FREE at 855-222-7531, or email [contact.tracing@utah.gov](mailto:contact.tracing@utah.gov) if you have any questions or if you require additional information.

Sincerely,

Leisha Nolen, M.D., Ph.D. State Epidemiologist  
Utah Department of Health