What is quarantine?

Quarantine is for people who may have been exposed to COVID-19, but haven’t tested positive or had symptoms 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, unless you are fully vaccinated or tested positive for COVID-19 within the last 180 days (about 6 months). Being exposed to COVID-19 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.

Stay home and away from other people as much as possible.

• You should not go to work, school, extracurricular activities, religious services, family gatherings, or other activities. Stay home except to get medical care.
• Check for symptoms of COVID-19 every day for 14 days after your exposure, including taking your temperature if possible. Get tested right away if you have symptoms of COVID-19 during the 14 days after your exposure.
• 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).
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 a 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.

When can I end quarantine?

If you don’t meet one of the criteria above, you may end quarantine:

- **10 days after your exposure if you don’t get tested and don’t have symptoms.** If you don’t have symptoms of COVID-19, you can end quarantine 10 days after the last time you had close contact with the person who tested positive.
- **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. If your test is negative and you do not have any symptoms of COVID-19, you can end quarantine.
- **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.** You are at a much higher risk of getting infected with the virus when you live with someone who has COVID-19. It can be very hard to stay isolated from people who have COVID-19 and live in your home. Every time you come into close contact with the person who tested positive while they are infectious, your 10-day quarantine starts over.
- **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) because the chance for spread and severe illness is very high.

Get tested 7 days after you were exposed or if you get symptoms of COVID-19.

This lets enough of the virus build up in your body to be detected by the tests. Isolate and get tested if you have symptoms of COVID-19 like a fever, cough, shortness of breath, fatigue, muscle aches and pains, headache, congestion, runny nose, sore throat, diarrhea, or a new loss of your taste or smell. Stay home until you get your test results back.

We know there is a chance people can be re-infected with COVID-19. We also know some people can test positive after they have COVID-19 even though they are done with isolation and no longer infectious to other people. The CDC and Utah Department of Health recommends 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.