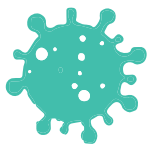


COVID-19 Child Care Manual Summary



CORONAVIRUS
UTAH.GOV

COVID-19 Child Care Manual

This manual is intended for child care facilities including:

- Centers
- Hourly centers
- Out-of-school time programs
- Commercial preschools
- Licensed family
- Licensed exempt (LE) Department of Workforce Services (DWS) approved programs
- Family, friend, and neighbor (FFN) DWS approved homes
- Residential certificate facilities
- Other child care facilities Facilities exempt from child care licensing



Child care center employees and parents who have questions about how COVID-19 will be handled in their county should contact their [local health department](#) for more information. Your local health department may have different recommendations than what is provided here or on the [CDC website](#).

How long do children and employees need to stay home if they test positive for COVID-19?

Stay home if you have [symptoms](#) of COVID-19 or test positive, even if you are vaccinated or had COVID before. Stay at home except to get medical care. You should not come to the child care facility, work, travel, or go to other activities or gatherings.

If you have symptoms, stay home until:

- You have been fever-free for 24 hours without using medicine to lower your fever,
- Your symptoms have improved for 24 hours, and
- It has been at least **5 days from the day your symptoms first started**. The first day of symptoms is called day 0. Stay home until it has been 5 full days from when your symptoms started.



You may need to stay at home longer than 5 days if your symptoms have not gotten better, if you are immunocompromised, or if you had a severe illness. Talk to a healthcare provider if you have questions about how long you should stay at home after testing positive.

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

If you never had symptoms, stay home until:

- It has been at least **5 days since 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.

If you get sick or develop symptoms, your 5-day isolation at home starts over. Learn more at <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>.

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

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 is exposed.

Do children and employees need to stay home after being exposed to COVID-19?

No. It can be very hard to stay home and miss work or school after being exposed to someone who has COVID-19. It can also be very hard to stay isolated from people who have COVID-19 and live in your home. That's why the CDC updated their quarantine recommendations and no longer recommends people stay home after they are exposed to COVID-19. However, you still need to take precautions to protect other people:

- Wear a mask for 10 days after your exposure when around other people or in public. Avoid going to places where it is hard to wear a mask during these 10 days, such as a gym or restaurant.
- Get tested 5 full days after you were exposed to COVID-19.
- Watch for symptoms of COVID-19. If you get sick, stay home, follow isolation guidelines, and get tested.

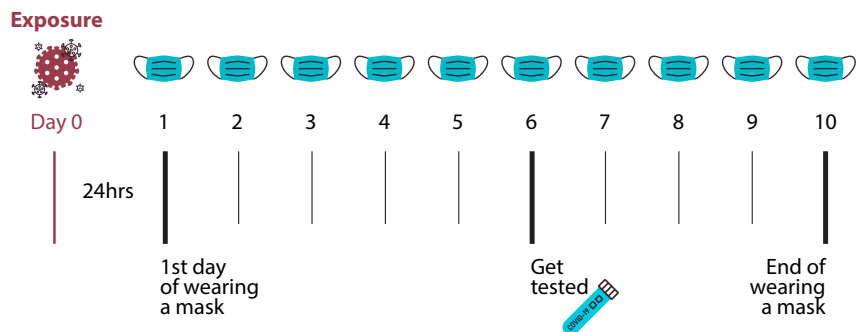


Image courtesy of Salt Lake County Health Department

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. 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. However, if you have new or worsening symptoms or it's been more than 90 days since you tested positive, you should get tested again.

Do children or employees have to quarantine at home if they've already had COVID-19?

No. The CDC no longer recommends people stay home after they are exposed to COVID-19. However, you still need to take precautions to protect other people:

- Wear a mask for 10 days after your exposure when around other people or in public. Avoid going to places where it is hard to wear a mask during these 10 days, such as a gym or restaurant.
- Get tested 5 full days after you were exposed to COVID-19.
- Watch for symptoms of COVID-19. If you get sick, stay home, follow isolation guidelines, and get tested.

Remember, you can get COVID-19 more than once. You can also get COVID-19 if you are vaccinated. The vaccines help protect you from severe illness or being hospitalized.

Take precautions after being exposed to COVID-19

- Wear a mask around others and in public 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 after being exposed.
- Get tested at least 5 days after you last had close contact with the person who has COVID-19. If you test negative, you still need to wear a mask for 10 days around others. If you test positive, stay home and [follow isolation guidelines](#).
- 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 if you have symptoms of COVID-19. Wear a mask around others if you travel.



When should children and employees wear a mask?

The [CDC Community Levels](#) can help child care providers make decisions about when to recommend employees and children wear masks. If your community is at a "high" level, it's recommended to wear masks indoors.

Children and employees should also wear a mask:

- For 10 days after an exposure to someone with COVID-19.
- For 5 days after testing positive for COVID-19 and ending isolation at home.