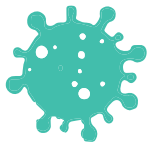


COVID-19 Child Care Manual Summary



CORONAVIRUS
UTAH.GOV

COVID-19 Child Care Manual

This manual is intended for facilities and programs that provide child care including:

- Licensed centers
- Licensed hourly centers
- Licensed out-of-school time programs
- Licensed commercial preschool programs
- Licensed family providers
- Licensed exempt (LE) Department of Workforce Services (DWS) Family, Friend, and Neighbor providers
- Licensed exempt DWS providers
- Licensed exempt providers
- Child care licensing registered providers



What happens if a child or employee tests positive for COVID-19?

You should isolate right away if you test positive for COVID-19. This means to stay at home except to get medical care. You should not come to the child care facility or work.

If you've tested positive, you should isolate until you have been:

- Fever-free for 24 hours, 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, you should isolate for 10 days from the day you were tested.



What happens if a child or employee is exposed to someone with COVID-19?

Close contact¹ means a person was closer than 6 feet or 2 meters (about 2 arm lengths) from someone who tested positive for COVID-19 for a total of 15 minutes or longer within a 24-hour period.² You may also have a close contact exposure if:

- 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.

If you have not been fully vaccinated and were in close contact with someone who has COVID-19 up to 2 days before he or she had symptoms, you were exposed to the virus and should quarantine. Even if the person who has COVID-19 did not have any symptoms, he or she is infectious up to 2 days before they were tested.



**For a total of
15 Minutes**

How long do children and employees have to quarantine?

These guidelines do not apply to children and employees who are living with someone who is positive for COVID-19.

You may end quarantine:

- **On day 10 without testing.** 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.
- **On day 7 with a negative test result.** You can get tested on day 7 of your quarantine. You can end quarantine if your test is negative and you do not have any symptoms of COVID-19. You must wait at least 7 days after your exposure to be tested. The test can be a PCR or rapid antigen test. You must continue to quarantine until you get your test results back.
- These recommendations DO NOT apply to people who are fully vaccinated, living with someone who has COVID-19, or living in a congregate care setting (like a long term care facility, correctional facility, or group home).

Anyone who was exposed to the virus needs to watch for symptoms until it has been 14 days since they were last exposed, even if they have returned to work.

It is important to keep checking for symptoms and take extra safety precautions found on page 5. There is a small chance you can still get COVID-19. If you have symptoms of COVID-19, you need to isolate at home, call your healthcare provider, and may need to get tested again.



¹ <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

² <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

If a child or employee lives with someone who tests positive for COVID-19, how long does he or she have to quarantine?

Children and employees who live with someone who tests positive for COVID-19, are called a household contact. **Household contacts are at a much higher risk of getting infected with the virus.**

Children and employees who are a household contact should quarantine for 10 days from the last day of exposure to the person who tested positive. **They must finish the entire 10-day quarantine, even if they do not have symptoms or test negative.** They may not end quarantine before 10 days.



It can be very hard to stay isolated from people who have COVID-19 and live in your home. People who are living with a person who tests positive for COVID-19 may have ongoing exposures and may need to quarantine longer than 10 days. Every time a household contact comes into close contact with a person who is positive while they are infectious, his or her quarantine starts over.

What happens if children or employees are exposed to COVID-19 after testing positive?³

If you are exposed to COVID-19 again (a new exposure) within 90 days of testing positive for COVID-19 and do not have symptoms of COVID-19, you don't need to quarantine or be tested again during this 90-day timeframe.

You should follow these guidelines for 14 days from the date of your last exposure:

- Take your temperature before care or work.
- Check for symptoms of COVID-19 every day.
- When feasible, wear a face mask when you are at child care, work, or around people you don't live with.
- If you get sick or have symptoms of COVID-19, isolate for at least 10 days after your symptoms start and call a doctor or healthcare provider to find out if you should get tested for COVID-19 again.



If you are exposed to COVID-19 again (a new exposure) and it has been **more than 90 days** since you tested positive for COVID-19, you should quarantine and get tested again. If you get sick or have symptoms while on quarantine, isolate and call a doctor or healthcare provider. However, you may meet the criteria to end quarantine found on page 3.



You don't have to quarantine if you are fully immune. This means it has been at least 2 weeks since your final dose. However, if you get symptoms of COVID-19 after you were exposed (which would be rare), you should isolate and talk to a doctor or healthcare provider. You may need to get tested for COVID-19.

³ <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/contact-tracing.html>

Safety precautions for people who have been exposed to someone with COVID-19

- Check for symptoms of COVID-19 every day, including taking your temperature if possible. If you do not have a thermometer, check your skin to see if it feels warm or looks red. A helpful booklet called, "What to do if you are on quarantine or self-isolation," can be downloaded at <https://coronavirus.utah.gov/protect-yourself/>.
- 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.
- Wear a cloth face covering or mask if you need to leave your home for essential errands like getting groceries or to get medical care. Only leave your home if you have to.
- Limit the number of visitors to your home. This is especially important if you or someone you live with is at higher risk for severe illness from COVID-19.
- 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.
- Do not share food or utensils with other people.
- Do not share personal items like a toothbrush with other people.

