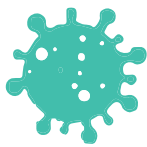


# COVID-19 Business Manual Summary

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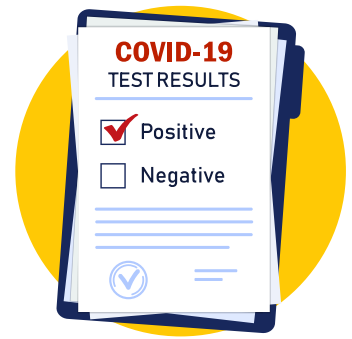
CORONAVIRUS  
UTAH.GOV

# How long does an employee need to stay home after testing 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,
- It has been at least **5 days from 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.



You may need to stay at home longer than 5 days if your symptoms have not gotten better. Some symptoms, like losing your sense of taste or smell, can last for weeks or months even though you are no longer infectious and don't need to stay home anymore. Learn more [here](#).

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 [here](#).

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.

# How long does an employee need to stay home after being exposed to COVID-19?

Everyone needs to wear a [well-fitting mask](#) around other people for 10 days after they are exposed to someone with COVID-19.

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Some people may also need to quarantine at home for 5 days. You don't need to quarantine at home if you tested positive for COVID-19 in the last 90 days (about 3 months). You also don't need to quarantine at home if you are [up-to-date with your COVID-19 vaccinations](#). This means you've had:

- A booster dose of any COVID-19 vaccine, or
- A 2nd dose of the Pfizer or Moderna COVID-19 vaccine in the last 5 months, or
- A Johnson & Johnson COVID-19 vaccine in the last 2 months.
- Children younger than 18 are considered [up-to-date](#) if they've had 2 doses of the Pfizer COVID-19 vaccine. A booster dose is not included in the definition of up-to-date yet for children.



## You need to quarantine at home for 5 days if:

- You are unvaccinated. This means you haven't had any doses of a COVID-19 vaccine.
- You are not [up-to-date with your COVID-19 vaccinations](#).
- It's been more than 90 days since you tested positive for COVID-19 and you're not up-to-date with your vaccinations.



If you can't wear a mask after being exposed or after ending a 5-day quarantine at home, the CDC recommends you stay at home for 10 days instead of 5.

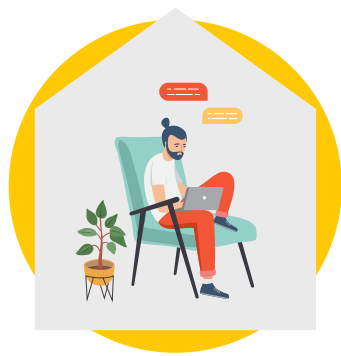
We also recommend you get tested 5 days after your last close contact with the person who has COVID-19 to make sure you're not possibly spreading the virus to others. If you test positive or develop symptoms, isolate at home right away. If it's been less than 90 days (about 3 months) since you first 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.

Watch for symptoms of COVID-19 and get tested if you get sick. It is important to keep checking for symptoms and take extra safety precautions found on page 4.

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# How long does an employee need to stay home if they are living with someone who tests positive COVID-19?

People who live with someone who has COVID-19 are called household contacts. Household contacts are at a much higher risk of getting infected with the virus.



You will need to quarantine at home for at least 5 days if you live with someone who has COVID-19 and you are unvaccinated, or not [up-to-date](#) with your COVID-19 vaccinations, or it's been more than 90 days since you had COVID-19. It can be very hard to stay away from people who have COVID-19 and live in your home. This means you may need to quarantine at home longer than 5 days if you can't stay away from the person who has COVID-19. Every time you come into close contact with the person who tested positive while they are still in isolation, your quarantine starts over.

Keep yourself and others in the house safe by wearing a mask around the person who has COVID-19. [Get tested](#) if you get sick or have symptoms.

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

If it has been less than **90 days (about 3 months)** since you tested positive for COVID-19, you don't have to quarantine at home. The CDC and Utah Department of Health recommends you not get tested if it's been **less than 90 days** (about 3 months) since you first tested positive for COVID-19, as long as you don't have new or worsening symptoms. Call a doctor to see if you may have gotten reinfected if you have new or worse symptoms during this 90-day timeframe. We know there is a small chance you could get reinfected with COVID. Some people will continue to test positive even though they are no longer able to spread the virus to others. However, if it's been **more than 90 days** since you tested positive and you are not [up-to-date with your COVID-19 vaccinations](#), you need to quarantine at home and get tested 5 days after your exposure.

You should follow these guidelines for 10 days from the date of your last exposure:

- Check for symptoms of COVID-19 every day.
- Wear a well-fitting mask when you are around people you don't live with.
- If you get sick or have symptoms of COVID-19, isolate and call a doctor or healthcare provider to determine if you should get tested for COVID-19 again.



# Take these safety precautions after being exposed to COVID-19

- Limit the number of visitors to your home while you are in quarantine.
- Wear a mask around others. It's important to wear a mask in public and around others 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. A helpful booklet called, "[What to do if you are in quarantine or isolation](#)" can help you know how to check your symptoms and what to do. Get tested right away if you have symptoms of COVID-19 during quarantine.
- Get tested at least 5 days after you last had close contact with the person who has COVID-19. If you test negative, you can leave your home as long as you wear a mask around others. If you test positive, [isolate at home](#).
- 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 until your quarantine is over. Get tested at least 5 days after you were exposed and make sure your test result is negative before traveling. Don't travel if you have symptoms of COVID-19. Wear a mask around others if you travel.

