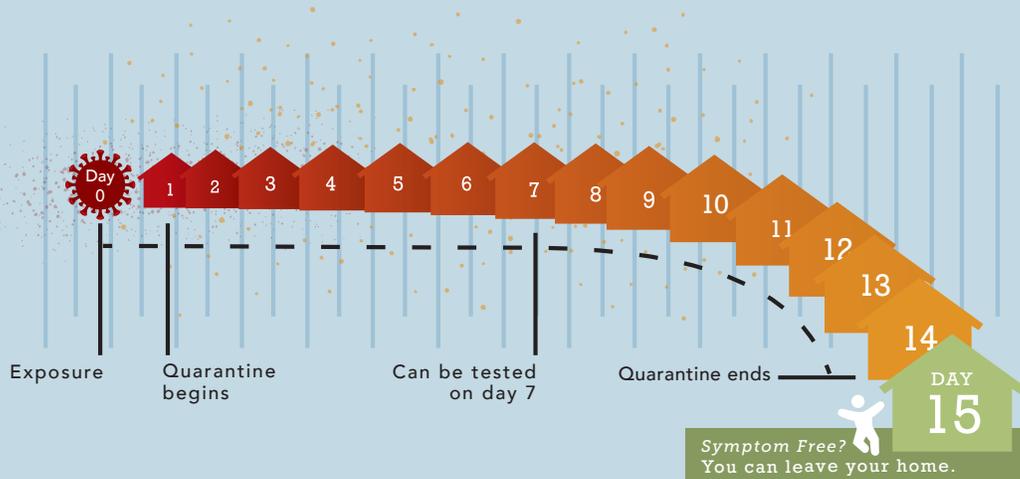


Guidelines for Quarantine

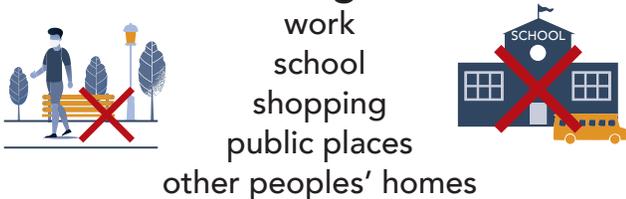
If you've been exposed to COVID, you should quarantine at home for 14 days since the exposure



Receiving a negative test result does not mean you can leave quarantine before 14 days—you may have been tested early in the incubation period and could still become symptomatic within the 14 days.

Stay home. Quarantine at home means that you do not leave home for any reason except essential medical care.

Do not go to:



Do not have visitors to your home



You can return to school early, if you choose, if ALL of the following apply:

1. The school verifies that you AND the person who exposed you were both wearing a face covering at all times.
2. You do not have symptoms of COVID-19.
3. You have a negative COVID-19 test result from a test taken **at least 7 days after the exposure**. It must be a PCR or antigen test, not an antibody test.

Household Exposure

If your exposure to the person with COVID is ongoing, such as if the person with COVID is a member of your household, your 14-day quarantine period begins after your household member is no longer considered contagious.

This is usually 10 days after the infected person first had symptoms (or received a positive test if they had no symptoms)

-AND-

At least 24 hours after they no longer have a fever without the aid of fever-reducing medication.

Separate exposed household members



If you can limit your exposure to the infected person, such as by isolating them to a separate bathroom and part of the home, your quarantine period can begin the day after you last had contact with them.



You may be tested because of this exposure even if you don't have symptoms, but it is best to be tested 3–5 days after the exposure occurred.

Get tested if you have:

One or more of these symptoms:

cough
shortness of breath
difficulty breathing
fever of 100.4° F or higher
new loss of taste or smell
chills

-OR-

Two or more of these symptoms:

headache
muscle pain
sore throat
congestion or runny nose
nausea or vomiting
diarrhea

If you develop any of these symptoms, find a COVID-19 testing site near you by visiting coronavirus.utah.gov. Remain isolated while waiting for your test results. If you have symptoms and choose to not be tested, you must isolate for 10 days from when symptoms began or 24 hours after fever ends, whichever is longer.