What to do if you are on quarantine or isolation for COVID-19

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UTAH ASSOCIATION *of*
LOCAL HEALTH DEPARTMENTS

UTAH DEPARTMENT OF
HEALTH

If you are fully vaccinated, you don't need to quarantine after being exposed to someone with COVID-19.

You are considered fully vaccinated 2 weeks after your final dose of the COVID-19 vaccine.
• Two-dose vaccines: 2 weeks after your 2nd shot (Pfizer BioNTech and Moderna).
• One-dose vaccines: 2 weeks after your shot (Johnson & Johnson/Janssen).

This means, you don't have to quarantine if it has been 2 weeks since your final shot, even if you are exposed to someone who tests positive. Fully vaccinated people do not need to quarantine and can continue to go to work, school, and participate in events. We know there is a small chance vaccinated people can get COVID-19 (called a breakthrough case) and pass the virus to other people, so to be very safe we suggest vaccinated people get a COVID-19 test 3 days after they were exposed.

All COVID-19 vaccines authorized by the FDA are safe and effective at protecting you from the virus. They keep you from getting sick, needing to be hospitalized, and dying from COVID-19. Studies show the vaccines work against the variants of the virus identified so far.

You do NOT need to wait 90-days after testing positive to get vaccinated. You can get vaccinated as soon as you are no longer in isolation or quarantine and you don't have any symptoms of COVID-19.

If you **haven't had your final dose** of the vaccine and are exposed to someone who tests positive:	
Have not been vaccinated yet	**Have been partially vaccinated** (had only 1 dose of a 2-dose vaccine, like Pfizer or Moderna)
Quarantine and get tested for COVID-19.	Quarantine and get tested for COVID-19.

If you've had **your final** dose of the vaccine and are exposed to someone who tests positive: (had 2 doses of Pfizer or Moderna vaccines or 1 dose of Johnson & Johnson vaccine)	
If it has NOT been 2 weeks since you were vaccinated	**If it has been at least 2 weeks since you were vaccinated**
Quarantine and get tested for COVID-19.	You don't need to quarantine. However, we know there is a small chance vaccinated people can get COVID-19 (called a breakthrough case) and pass the virus to other people, so to be very safe we suggest vaccinated people get a COVID-19 test 3 days after they were exposed. If you get symptoms of COVID-19 after you were exposed (which would be rare), isolate and call your doctor or healthcare provider. You should get tested for COVID-19.

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What to do if you have symptoms of COVID-19:

If you have symptoms of COVID-19 and:	
Have not been vaccinated yet	**Have been partially vaccinated** (had only 1 dose of a 2-dose vaccine, like Pfizer or Moderna)
Isolate and get tested right away.	Isolate and get tested right away.

If you are fully vaccinated and have symptoms of COVID-19: (had 2 doses of Pfizer or Moderna vaccines or 1 dose of Johnson & Johnson vaccine)	
If it has NOT been 2 weeks since you were vaccinated	**If it has been at least 2 weeks since you were vaccinated**
Isolate and get tested right away.	Isolate and call your doctor or healthcare provider. It is likely that something other than COVID-19 is causing your symptoms. However, we know there is a small chance vaccinated people can get COVID-19 (called a breakthrough case) and pass the virus to other people, so to be very safe we suggest vaccinated people get a COVID-19 test 3 days after they were exposed. COVID-19 vaccines do not interfere with the accuracy of the test.

What is quarantine?

Quarantine is for people who were exposed to COVID-19 but aren't sick or haven't tested positive 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. This 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 a person who has COVID-19 (hugged or kissed them).
- You shared eating or drinking utensils with a person who has COVID-19.
- Someone who has COVID-19 sneezed, coughed, or somehow got respiratory droplets on you.

6 Feet

For a total of 15 Minutes

What should I do on quarantine?

• Stay home and away from other people as much as you can.
• Don't go to work, school, extracurricular activities, religious services, family gatherings, or other activities.
• Check for symptoms of COVID-19 every day for 14 days.
• 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).
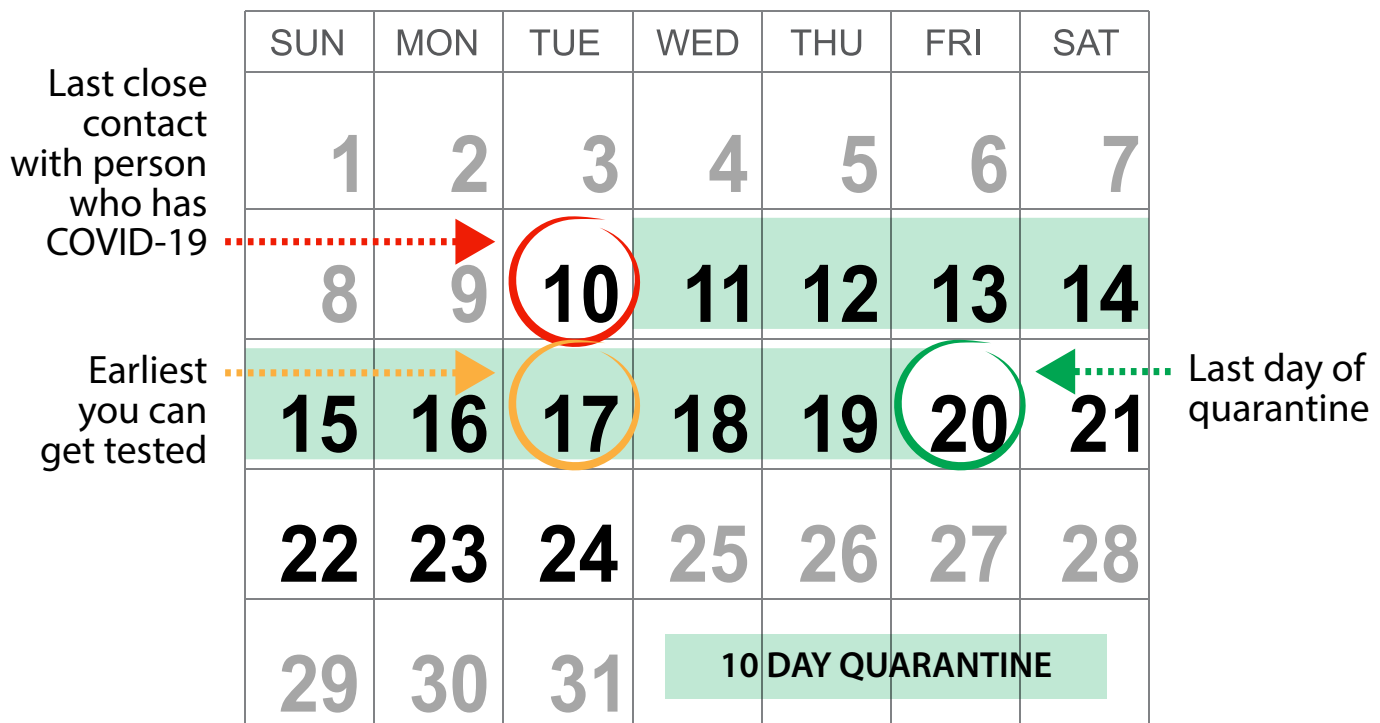• If you'll need essential items like groceries, try to get someone to go to the store for you.

If you must leave your home for medical care, take extra safety precautions so you don't spread the virus to other people.

When can I end quarantine?

You can end quarantine:

• **On day 10 without testing.** You can end quarantine 10 days after the last time you had close contact with the person who tested positive if you don't have symptoms of COVID-19.
• **On day 7 with a negative test result.** You must wait at least 7 days after your exposure to be tested. You can end quarantine if your test is negative and you do not have any symptoms of COVID-19.

Although you can end quarantine after Day 10 if you don't have symptoms or after Day 7 if you test negative, you still need to take safety precautions and watch for symptoms for 14 days after you were exposed.

	SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6	7
Last close contact with person who has COVID-19 ▶	8	9	**10**	**11**	**12**	**13**	**14**
Earliest you can get tested ▶	**15**	**16**	**17**	**18**	**19**	**20**	**21** ◀ Last day of quarantine
	22	**23**	**24**	25	26	27	28
	29	30	31	10 DAY QUARANTINE			

If you live with someone who has COVID-19, you must quarantine for 10 days, even if you don't have symptoms or test negative.

You are at a much higher risk of getting infected with the virus. It can be very hard to stay isolated from people who have COVID-19 and live in your home. This means you may need to quarantine longer than 10 days if you can't stay away from the person who was sick. Every time you come into close contact with the person who tested positive while they are infectious, your 10-day quarantine starts over because you were exposed to the virus again.
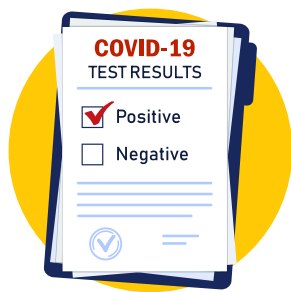
Do I still need to isolate if I test positive for COVID-19 after being vaccinated?

Yes. You should isolate if you test positive or have symptoms of COVID-19, even if you have been vaccinated. These are called breakthrough cases. Breakthrough cases are rare but can happen. The vaccines do not interfere with the accuracy of COVID-19 tests. This means if you test positive after you are vaccinated, you have COVID-19 and can spread the virus to others. This is rare but can happen.

Will the health department call me if I test positive or was exposed to COVID-19?

If you test positive for COVID-19, the healthcare provider or testing site will give you your test results.

The health department will also try to contact you to conduct a **case investigation**. A public health worker may call you or send you a text or email. A case investigation is when a public health worker interviews you about possible exposures to COVID-19. The public health worker will ask you where you've been while you were infectious, when symptoms started, and who else may have been exposed. He or she will also ask you if you need help finding other resources like food or housing to help you be able to isolate.

Contact tracing happens after a case investigation is done. Contact tracing is how public health finds who else may have been exposed to a virus or disease and then contacts these people to let them know how long they should quarantine. Contact tracing also provides support to individuals who were exposed and who may need other services so they can quarantine.

Will someone from the health department check on me to see how I am feeling?

You should check for symptoms of COVID-19 for 14 days after your exposure. A public health worker may contact you during your quarantine period to check on you and ask you how you are feeling. You may get a phone call or text from the health department if you are quarantined to see if you have any symptoms or need help finding resources.

While you are on quarantine you should check your symptoms every day and call the health department or a healthcare provider if you have any questions or concerns. If you get sick or develop symptoms of COVID-19 while you are on quarantine, you should get tested. You can find a testing location near you at: https://coronavirus.utah.gov/utah-covid-19-testing-locations/.

Why do I need to write down my temperature and symptoms every day on quarantine?

Most people will develop symptoms by day 10 after their exposure but it can take up to 14 days for symptoms to appear. Some people only have very mild symptoms and may not realize it's COVID-19. That is why it's important to take your temperature and write down how you are feeling every day. If you develop any symptoms you should get tested for COVID-19.

Symptoms of COVID-19 include: fever or chills, cough, shortness of breath or having a hard time breathing, sore throat, muscle aches and pains, fatigue, headache, congestion or runny nose, feeling sick to your stomach or vomiting, diarrhea, or a new loss in your sense of taste or smell.

If you get sick on quarantine or have any symptoms of COVID-19, isolate and call a doctor right away. You need to get tested for COVID-19.

Testing

Unless you develop symptoms, you should wait at least 7 days after you were exposed to get tested for COVID-19. This lets enough of the virus build up in your body to be detected by the tests. If you develop symptoms of COVID-19 you should get tested right away.

You must continue to quarantine until you get your test results back.

You can be tested on day 7 of quarantine and if you test negative and do not have any symptoms of COVID-19, you can end quarantine. If you are living with someone who has COVID-19, public health still recommends you get tested but you must finish your 10-day quarantine.

If you test positive, follow the isolation guidelines on page 9. Someone from the health department may call, text, or email you.

How do I monitor my symptoms?

Use the following steps to check your symptoms and write down your information. You need to do these steps 2 times every day for 14 days from the day you were exposed to someone who has COVID-19, even if you end quarantine sooner than 14 days after your exposure. The health department will tell you the date of last exposure and the date you can stop writing down your temperature and symptoms.

2X Day for **14 Days**

Step 1
Take your temperature 2 times a day. Do this every day for 14 days.

- Use a thermometer to take your temperature.
- If you don't have a thermometer, write down if you think you have a fever (your skin may feel hot or be red, or you may have chills or be sweaty).
- Take your temperature one time in the morning (AM) and one time at night (PM). If you forget to take your temperature, take it as soon as you remember.

day&night
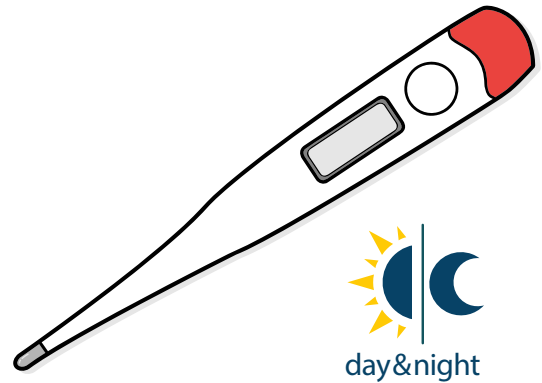
Important things to know about taking your temperature:

Wait for 30 minutes after you eat, drink, or exercise to take your temperature.

Wait **30** Minutes after you eat, drink or exercise

Take your temperature before you take any medicine. Some medicines lower your temperature which makes it hard to know if you have a fever. Wait 6 hours to take your temperature after you take medicine like:
- Acetaminophen, also called paracetamol (Tylenol)
- Ibuprofen
- Aspirin

Wait **6** Hours after you take any medicine

It's best to use an ear thermometer for infants, babies, and children younger than 4 years old. If you take your child's temperature under the arm and the temperature is 99.4*F/37.4*C or higher, your child has a fever. It is important to tell the doctor or the local health department if you take your child's temperature under the arm.
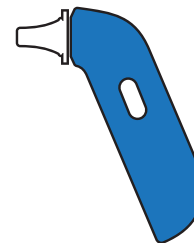
Use ear thermometer for children younger than 4 years old.

Adults
Temperature
100.4°F/38°C
or higher

Children
Temperature
99.4°F/37.4°C
or higher

Step 2 | **Write your temperature and symptoms on the form at the end of this book. Do this every day for 14 days.**

- The "date of last exposure" on the form is the day you were exposed to COVID-19. It is the last time you were in close contact with the person who tested positive while they were infectious. A person is considered infectious 2 days before he or she has symptoms. If the person did not have symptoms, he or she is infectious starting 2 days before they were tested for COVID-19. The date you can stop monitoring your temperature and symptoms is 14 days after the date of last exposure. If you don't know what these dates are, call the health department, school, or worksite depending on where you were exposed. Fill in all of the dates for 14 days. Do not leave any spaces empty.
- Write your temperature on the form at the end of this book. You should take your temperature 2 times every day. Take your temperature one time in the morning (AM) and one time at night (PM).
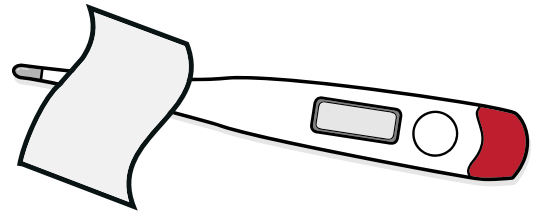- If you have any of the symptoms listed on the form, mark "Y" for yes or "N" for no.

Step 3 | **Clean the thermometer every time someone uses it.**

Step 4 | **If you have a fever, cough, shortness of breath, muscle aches, sore throat, or a decrease in your sense of taste or smell:**

- Isolate and get tested for COVID-19.
- If your symptoms get worse or you feel like you need medical care, get medical help right away. It is safe to go to the hospital or doctor's office. Wear a mask and let the healthcare workers know you have tested positive for COVID-19.

It is safe to go to the hospital or doctor's office during the pandemic

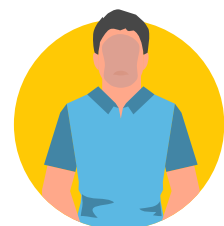If you have any of these emergency warning signs*, get medical help right away:

Trouble breathing or shortness of breath

Pain or pressure in your chest that does not go away

Feeling confused or cannot wake up easily

If your lips or face look bluish

*These are not all of the emergency symptoms. Call your doctor if you are worried.

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When do I isolate?

Isolation is for people who test positive or have symptoms of COVID-19. Isolation keeps someone who is infectious with COVID-19 away from healthy people to stop the virus from spreading.

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 should quarantine. It can be very hard to stay isolated from people who live in your home. Anyone who lives in your home should quarantine for 10 days from the last time they were in close contact with you during isolation.
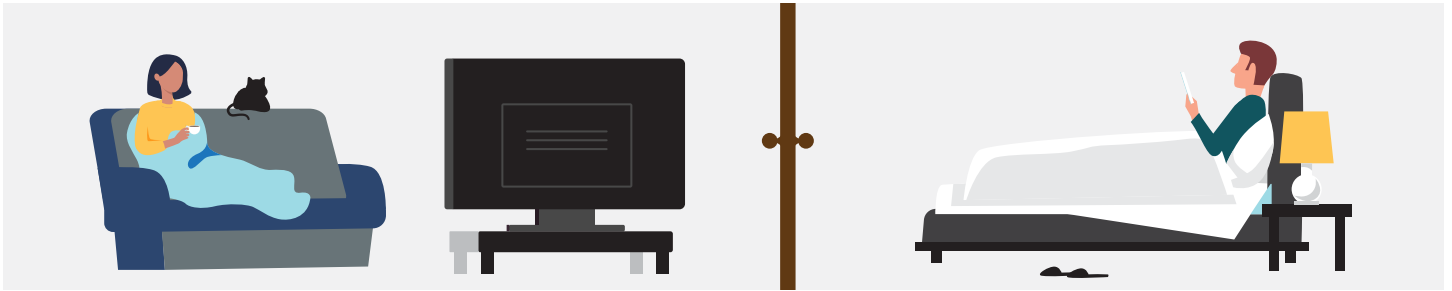
Isolation means:

- Stay at home except to get medical care. You should not go to work, school, extracurricular activities, religious services, family gatherings, or other activities.
- Try to stay in a different room in your home from other people. You should also try to use a different bathroom than other people. If you can't stay in a different room or use a different bathroom, stay as far away from other people in your home as possible.
- Wear a face mask if you have to be around other people (if you have to be in the same room or car). If you can't wear a face mask because it makes it hard for you to breathe, stay in a different room from other people. If people come into your room, they should wear a face mask.
- Do not travel or have visitors to your home until your isolation is finished and everyone who lives with you is done with quarantine.
- Don't share personal items with other people like cups, plates, or towels.
- Wash your hands with soap and water often. If you do not have soap or water, you can use an alcohol-based hand sanitizer. Try to use an alcohol-based hand sanitizer that has 60% to 95% alcohol.
- Clean surfaces that are touched often (like phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal).

Try to stay in different rooms

Wash your hands with soap and water

Wear a face mask if you have to be around others

Try not to use the same personal items as other people

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When can I end isolation?

- Fever-free for 24 hours (this means you did not use medicine to lower your fever), 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, isolate for 10 days from the day you were tested.

Who do I call if I have questions?

If you have questions, call your local health department, the Utah Department of Health, or a healthcare provider. You may also call the Coronavirus Hotline at 1-800-456-7707.

Utah Department of Health 1-888-EPI-UTAH (374-8824)

Bear River Health Department . . . . (435) 792-6500
(Box Elder, Cache, and Rich counties)

Central Utah Public Health Department
(Juab, Millard, Piute, Sanpete, Sevier, and Wayne counties) . . . . (435) 896-5451

Davis County Health Department . . . . (801) 525-5200

Salt Lake County Health Department . . . . (385) 468-4100

San Juan Public Health Department . . . . (435) 359-0038

Southeast Utah Health Department . . . . (435) 637-3671
(Carbon, Emery, and Grand counties)

Southwest Utah Public Health Department . . . . (435) 673-3528
(Beaver, Garfield, Iron, Kane, and Washington counties)

Summit County Health Department . . . . (435) 333-1500
Park City office . . . . (435) 783-3161
Kamas office . . . . (435) 783-3161
Coalville office . . . . (435) 336-3234

Tooele County Health Department . . . . (435) 277-2300

TriCounty Health Department . . . . (435) 247-1177
(Daggett, Duchesne, and Uintah counties)

Utah County Health Department . . . . (801) 851-7000

Wasatch County Health Department . . . . (435) 657-3232

Weber-Morgan Health Department . . . . (801) 399-7250

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Tracking your symptoms after you have been exposed to COVID-19

Date of last exposure: _____

Date you can stop monitoring your temperature and symptoms: _____

Instructions: Take your temperature 2 times a day, one time in the morning and one time in the evening, and write it on this form. If you do not have a thermometer, write down whether or not you think you have a fever (your skin may feel hot or be red, or you may have chills or be sweaty). Mark yes (Y) or no (N) if you have symptoms or not. Do not leave any spaces empty. If you have any symptoms of COVID-19, even if they are mild, isolate right away.

You should get tested for COVID-19.

Day # (from last exposure)	1		2		3		4		5		6		7	
Date														
AM or PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Temperature														
Think you have a fever	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Other symptoms (write down what your symptom is)														

Day # (from last exposure)	8		9		10		11		12		13		14	
Date														
AM or PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Temperature														
Think you have a fever	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Other symptoms (write down what your symptom is)														