



Dear Parent/Guardian,

Thank you for your continued efforts to help eliminate the spread of COVID-19 at our schools and within the community. The Utah County Health Department (UCHD) along with Alpine, Nebo, and Provo School Districts are working diligently to address the concerns resulting from quarantine emails and letters that you may have received. We continue to follow the guidelines within the statute and Utah Disease Plan that states: “In order to protect in-person learning, minimize the burden of contact tracing on local health departments and schools, and fulfill the duty to protect health, after a classroom SARS-CoV-2 exposure occurs, the local health authority has the discretion to recommend quarantine or other mitigation strategies to all unvaccinated individuals who:

- Shared a classroom, **OR**
- Participated in an indoor activity for more than 15 minutes, **OR**
- Participated in an extracurricular activity with a SARS-CoV-2 positive individual.”

As we do not know who is vaccinated, we send emails with an attached quarantine letter each time there has been an exposure to a positive case in a classroom or extracurricular activity. This quarantine letter will provide guidance and help you make appropriate decisions for your student and family. If your child is exposed, please follow the recommendations provided in the letter.

Additionally, each school district has a medical sick policy that states if someone is at school with respiratory symptoms, they will be asked to return home. Someone with any symptom of headache, fever, runny nose or cough should be symptom free and have tested negative for COVID-19 before returning to in-person learning at school. If a student or staff member tests positive for COVID-19, they need to isolate at home for 10 days.

As explained in the quarantine letter, if an unvaccinated student is exposed to COVID-19 at school, that student should follow the guidelines for quarantine below (see Utah Department of Health’s K-12 [School Recommendations](#) and [Disease Plan](#)):

- Quarantine at home for 10 days, **OR**
- Quarantine at home for 7 days and then test on day 7. If that test is negative, and your child does not have symptoms, they may return to school, **OR**
- Wear a mask at school for the next 10 days, **OR**
- Wear a mask at school for the next 7 days and then test on day 7. If that test is negative, and your child does not have symptoms, they no longer need to wear a mask.

If a student is exposed at home, that student should quarantine at home, away from the positive case for 10 days (from last exposure to the positive case in the home), before returning to school.

The school districts along with Utah County Health Department, highly recommend the use of masks for all students and staff while indoors at school or on buses, especially those who are not vaccinated and/or who have health vulnerabilities.



If you are contacted by a representative of Utah County Health Department requesting information about the contacts of infected individuals, your cooperation will help us control the spread of this disease. We do not provide the name or information about the infected individual to others. The infected person should never be blamed for spreading the disease. They are also a victim of the infection.

We all play a key role in preventing the spread of COVID-19. Following COVID prevention guidelines and instructions in the quarantine letters will help us keep our students safe and able to continue in-class learning.

Sincerely,

Utah County Health Department