



*Working for Healthy Communities*

These [Isolation Instructions](#) will help you understand what you need to do now that you have tested positive for COVID-19. **Generally isolation period is 10 days from symptom onset or 10 days from test date with no symptoms, and after at least 24 hours symptom free** before you can be released. Loss of smell and taste can last longer and are not a reason to stay in isolation.

A close contact is a person that has been around you with less than 6ft between you and for longer than 15 minutes total in a 24 hour period. You should notify all of your close contacts that you have had contact with from the 48 hours prior to the start of your symptoms or test date if you had no symptoms, and until you were diagnosed with Covid-19, that they will need to be quarantined. Day one of their quarantine starts the first day after their last exposure to you.

**If you live with someone who tests positive for COVID-19, you need to be quarantined for 10 days unless you are fully vaccinated at the time of exposure.** You are at a much higher risk of getting infected with the virus. Do not end quarantine before 10 days, even if you test negative. 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 is sick. Every time you come into close contact with the person who tested positive while they are infectious, your 10-day quarantine starts over.

**Unless they are fully vaccinated at the time they were exposed, your social contacts should stay in quarantine for 10 days. They can be tested on day 7 of quarantine and if they test negative and do not have any symptoms of COVID-19, can end quarantine (This is not an option for people exposed in your household.)**

If your close contacts need to show proof of quarantine to their employer, please forward this email to them as verification of their exposure.

If you are planning on traveling and will need proof that you have had COVID-19 and been released from isolation, please use this letter.

As per the Utah Covid-19 School requirements, you can't participate in extracurricular activities if you test positive for Covid-19. You may return to school and participate in extracurricular activities after you are done with your isolation period.

More than one quarantine option is available for students and staff who are not fully vaccinated and are exposed to COVID-19 in the school setting:

- Quarantine at home for 10 days.
- Quarantine at home for 7 days and then get tested. If you test negative and do not have any symptoms of COVID-19, you can return to school.
- Wear a mask at school for 10 days.
- Wear a mask at school for 7 days and then get tested. If you test negative on day 7 you don't have to wear a mask anymore.

Quarantine keeps you away from others so you don't infect someone else without knowing it. Symptoms of COVID-19 may appear 2-14 days after exposure. This is why you should monitor for symptoms for 14 days from the last date of exposure, because it can take 14 days for you to get sick. <https://coronavirus.utah.gov/protect-yourself/>

#### Additional Resources

- ❑ Protect Yourself, coronavirus: <https://coronavirus.utah.gov/protect-yourself/>
- ❑ UDOH Coronavirus Webpage: <https://coronavirus.utah.gov/>
- ❑ Central Utah Public Health Webpage: <https://www.centralutahpublichealth.org>
- ❑ Quarantine Education <https://centralutahpublichealth.org/quarantine-resources/>
- ❑ CDC Webpage on COVID-19: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- ❑ [What to do if you are on quarantine or self-isolation for COVID-19](#)
- ❑ Utah's Guidance for Business: [COVID-19 Business Manual](#)
- ❑ Frequently asked questions: <https://coronavirus.utah.gov/faq/>

Please call your local health department if you have questions or concerns.

<https://centralutahpublichealth.org/contact-us/>