



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 5 days from symptom onset or 5 days from test date with no symptoms, and after at least 24 hours symptom free before you can be released. Once released from isolation you should wear a mask for the following 5 days when around others.** 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 5 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 5 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 5 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 5-day quarantine starts over.

Unless you received two doses of a COVID-19 vaccine within 6 months or have received a booster shot less than 2 weeks before they were exposed or have had positive COVID test within 180 days, your social contacts should stay in quarantine at home for 5 days and wear a mask for 5 days after that. If at any time they begin to experience symptoms of COVID-19, they should test for COVID-19 and stay home.

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.

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/>. If you cannot quarantine, you should wear a mask for 10 days following your last day of exposure.

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>
- ❑ CDC Webpage on COVID-19: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- ❑ Utah's Guidance for Business: [COVID-19 Business Manual](#)
- ❑ Frequently asked questions: <https://coronavirus.utah.gov/faq/>
- ❑ Mono-clonal antibodies <https://coronavirus.utah.gov/noveltherapeutics/>
- ❑ [Information on quarantine and isolation:](#)
<https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>
- ❑ [centralutahpublichealth.org](https://www.centralutahpublichealth.org)
- ❑ [Testing information: https://coronavirus.utah.gov/testing-locations/](https://coronavirus.utah.gov/testing-locations/)

If you have someone who you believe is eligible for monoclonal antibodies, please have them call 1-800-456-7707. The supply is very limited and cases must be evaluated individually.

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