

# You Were Exposed to COVID-19. Now What?



## What is COVID-19?

COVID-19 (coronavirus disease 2019) is a respiratory disease that affects the lungs, and is spreading throughout the world. It can be spread from person-to-person through respiratory droplets that come from coughing or sneezing within a close distance (about six feet) from another person.

## How was I exposed to COVID-19?

You may have been exposed to COVID-19 in one or more of the following ways: by being in close contact with someone who tested positive for COVID-19; by traveling to an area with an increased risk of COVID-19; or by spending time in an area or place that has community spread, which happens when someone has been infected with COVID-19, but is unable to identify how or where exposure happened.

## What are the symptoms of COVID-19?

The main symptoms of COVID-19 include: fever, cough, and/or shortness of breath. These symptoms can range from mild to more severe, and in some cases, may require medical care. Some less common symptoms include: sore throat and abdominal discomfort. There are many illnesses that have these same symptoms, so even if you have them, you may not have COVID-19.

## Why do I need to be quarantined?

You are required to be quarantined because you have been identified as having medium or high risk of getting COVID-19. Quarantine is a strategy that separates and restricts the movement of those who may have been exposed to a contagious disease and helps to slow the spread of the virus. Those who are quarantined should stay home from work, school, religious gatherings, and other group settings (i.e., movie theaters, shopping centers, restaurants, etc.).

# What is my risk of getting COVID-19?

You are considered to be **high risk** if:

1. You traveled to a geographic region that has been identified as a high risk area, such as the Hubei Province of China

**and/or:**

2. You have been in close contact with a person who tested positive for COVID-19, is symptomatic, and has not used the recommended precautions for home care and isolation. This could be someone living in the same household as you, an intimate partner, or someone that you take care of.

You are considered to be **medium risk** if:

1. You traveled to a geographic region that has been identified as a medium risk area, such as mainland China (outside of Hubei Province) or Iran; traveled to a country with widespread sustained transmission, other than China or Iran; or traveled from a country with sustained community transmission

**and/or:**

2. You have been in close contact with a person who tested positive for COVID-19 and is symptomatic; were seated on an aircraft within six feet (about two seats in each direction) of a traveler who tested positive for COVID-19 and was symptomatic; or live in the same household as, are an intimate partner of, or care for someone that has tested positive for COVID-19 and is symptomatic and has been following consistently the recommended precautions for home care and home isolation.

If you have additional questions about your risk of getting COVID-19, contact the Davis County Health Department at 801-525-5220.

## Why am I being monitored?

All individuals who are at medium or high risk are required to be actively monitored by the Davis County Health Department. Public health officials will be monitoring, or checking in with you, for up to **14 days**. Monitoring can ensure that symptoms of COVID-19 are detected early and help identify if medical care and/or testing is needed. Monitoring your symptoms can help public health officials know if others that you have been in contact with or live with are at risk of getting COVID-19 too.

## What do I need to do while being monitored?

While you are being monitored, you will be asked to check your symptoms daily for up to **14 days** and report them to public health officials. This includes taking your temperature in the morning and evening (about 12 hours apart) every day and recording it on the Temperature and Symptom Monitoring Form on the following pages. You will also be asked to report on other symptoms, such as cough and shortness of breath.

## Before you take your temperature:

Wait 30 minutes after eating, drinking, or exercising.



Wait at least 6 hours after taking medicines that can lower your temperature, like:

- Acetaminophen (Tylenol)
- Ibuprofen (Advil, Motrin)
- Aspirin

## Utah Novel Coronavirus Temperature and Symptom Monitoring Form

Name:	Age (yrs):	Sex: M F
Street address:	City/state:	
Telephone number:	Case ID:	
Where did travel and/or contact with an ill person occur:		
Date of last exposure (travel and/or contact to an ill person):		
Date monitoring is completed:		

*Instructions:* Take your temperature orally (by mouth) twice daily, once in the morning and once in the evening, and record it on this form. If you do not have a thermometer, document whether or not you felt feverish (e.g., chills, intermittent sweats, flushing or hot skin). Mark yes (Y) or no (N) whether or not you are experiencing symptoms. Do not leave any spaces blank. If you have a fever or any symptoms listed, call your healthcare provider, Davis County Health Department at 801-525-5220, or the Utah Department of Health at 1-888-EPI-UTAH (374-8824).

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														
Felt feverish	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
Cough	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
Shortness of breath	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

## Utah Novel Coronavirus Temperature and Symptom Monitoring Form

Name:	Age (yrs):	Sex: M F
Street address:	City/state:	
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Where did travel and/or contact with an ill person occur:		
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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														
Felt feverish	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
Cough	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
Shortness of breath	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

# Frequently Asked Questions



## **What if I forget to take my temperature?**

If you forget to take your temperature, take it as soon as you remember and record it on the form.

## **What if I need immediate medical attention?**

If you are ill and need medical attention immediately, call your healthcare provider and let them know that you are being monitored for COVID-19. They will give you further instructions for how to receive care. Do not go to your healthcare provider without calling first. If you develop life-threatening symptoms, call 911 and let them know that you are actively being monitored for COVID-19.

## **What if I get a fever while I am being monitored?**

If you have a fever, or any of the symptoms listed on the form, call the Davis County Health Department: 801-525-5220 immediately. If you are unable to get in touch with us, call the Utah Department of Health immediately: 1-888-374-8824.

## **What if I don't feel sick or have any symptoms?**

Even if you do not experience any symptoms, you should practice social distancing by staying home from work, school, religious gatherings, and other group settings (i.e., movie theaters, shopping centers, restaurants, etc.), and by avoiding public areas and public transportation. You should also try to stay at least six feet away from other people. It is also recommended to avoid having visitors or family members come to your home who do not need to be there. This can help to slow the spread of the virus.

If you need to get groceries or other necessary supplies, consider asking a family member, neighbor, or friend who does not live with you to pick things up and drop them off at your house. You can also look into drop off or delivery services. If you are unable to have food delivered to your home and do not have symptoms, go during off hours to avoid larger crowds and wear a mask.

# 10 things you can do to manage your health at home

## If you have possible or confirmed COVID-19:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



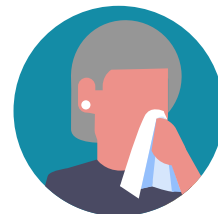
4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



Please go to [www.cdc.gov/covid19-symptoms](https://www.cdc.gov/covid19-symptoms) for information on COVID-19 symptoms.



Wear disposable gloves when cleaning and disinfecting. Gloves should be thrown away after each use.



If surfaces are dirty clean them with soap and water prior to disinfecting.



For porous surfaces like rugs, carpeted areas, and drapes, remove visible contamination if present & clean with appropriate cleaners indicated for use on these surfaces. Launder after cleaning when possible and use the warmest appropriate water setting for the item.

# CDC Recommendations for Disinfecting

## HOW TO CLEAN & DISINFECT SURFACES

COVID-19 CAN REMAIN  
VIABLE FOR HOURS TO DAYS  
ON SURFACES



Clean and disinfect frequently touched surfaces daily. Use disinfectants appropriate for the surface.



For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective. (Never mix bleach with ammonia or other disinfectants)

Always follow appropriate label instructions for safe and effective use of household cleaners and disinfectants. Make sure you have good ventilation during use of the product.



# What can I do while quarantined?

Besides getting plenty of rest and binging Netflix, here are some ideas on staying productive while quarantined at home. Adopted from the blog [onesmileymonkey.com](https://onesmileymonkey.com)

1. **Take an online course.** Now is a great time to learn that skill you have had no time to learn before. There are so many websites with both free and paid options, or you can simply go on YouTube and find free tutorials. So many possibilities.
2. **Spring declutter.** Staying home gives you a chance to Spring Clean at your own pace. You can start slowly, find old toys the kids don't play with anymore, donate baby books, look for things you don't use and have stored somewhere and forgotten about. Collect all unwanted items to donate and give away.
3. **Organize your closet.** Do a closet clean, check to see if you have any clothes that don't fit or you don't wear anymore. Get your spring wardrobe ready and put all your winter clothes away.
4. **Get creative.** Paint, color, or try origami. Write a song, poetry, or a short story. Maybe even try writing some jokes. Let your inner artist free.
5. **Create a photo book and organize your photos.** If you have been waiting for free time to finally organize and create photo books from your last family holiday or celebration, now is the time.
6. **Learn a new language.** Now's your chance. Try downloading Duolingo. Find a Skype video friend to practice with. Look forward to practicing it in real life when you can travel again.
7. **Deep clean your kitchen.** Organize your kitchen drawers (only if you live alone - otherwise avoid touching common-use items), clean your oven, deep clean your microwave, clean your dishwasher, move the fridge and stove and vacuum behind them.
8. **Work on your taxes.** Taxes need to get done anyway. Maybe this is a good time to organize all the receipts and get those taxes done.
9. **Start a new book series.** Do you have a book you started forever ago and never finished? How about a book series that you have always wanted to read? Join an online book club. You can get e-books from your local library or buy new books or e-books online from Amazon.
10. **Meal plan for the next two weeks.** If you usually don't have the time to sit down and meal plan, try it now. You can go online and look for new recipes, shop for ingredients online, and have all your meals for the next few weeks planned.
11. **Start a YouTube workout challenge.** No going to the gym for a few weeks? No problem. If you have a TV or laptop, even from your phone, you can start a free Youtube workout challenge to stay active from home. So many good free workouts online. If exercise is too strenuous, try yoga, stretching, or meditation.
12. **Sort, clean, and delete photos from your phone.** It takes time to go through your phone's photo folder and delete unwanted photos—the perfect thing to do right now if you have some free time.

13. **Organize your computer's desktop and files.** If your computer's desktop is filled with random files, photos and documents, take some time to go through them and organize everything. Having a clean desktop feels so good.
14. **Complete a puzzle.** That 5000-piece puzzle is calling. It can become quite addictive once you get into it. There's even online jigsaw puzzles--also crossword puzzles, word searches, and brain busters to keep your mind challenged.
15. **Clean your vehicle.** Head to the garage and clean the inside of your car, pick up all the garbage, and maybe vacuum underneath their car seats. Don't forget to sanitize all the handles, the steering wheel, and dashboard. It will feel like a brand new vehicle when you can drive it again in a couple of weeks.
16. **Give yourself a mani-pedi.** When was the last time you got a mani-pedi? Since you are not going to the salon, gather all your tools and polishes and give yourself a mani-pedi.
17. **Bring the spa home.** Give your hair a good deep-condition or do a facial mask. Break out the bath bombs you've been saving since Christmas. You deserve to be pampered. This suggestion goes for men, too!
18. **Clear your inbox.** Perfect time to go through all your emails and respond to those that have been waiting to hear from you for awhile. Get that inbox to zero and feel the satisfaction.
19. **Work on your living will and organize your affairs.** Yes, it sounds melodramatic and morbid but let's face it: This is a task many of us avoid because we never have the time. Now you do. There are online websites that can help you with this. Consider investing in a fireproof box if you don't have one. Thanks, online ordering!
20. **Update and create playlists of your favorite music.** Create a playlist of your favorite tunes and enjoy them while you work on other productive activities.
21. **Learn a new skill or hobby.** Knitting, crocheting, calligraphy, video editing, photography, wood carving.... The world is your oyster!
22. **Optimize your desk and workspace.** Is your desk a mess? Time to file and organize those bills, documents, and kids' crafts.
23. **Work on your financial planning.** After you've organized all your paperwork, you can get to creating the budget you've been meaning to. Explore refinancing or ways to save more money. There are lots of good templates on the web.
24. **Get reflective.** Make a list of things for which you are grateful or just simply journal. If you don't have a journal, this is a fun time to online shop for one you'll want to write in every day.
25. **Get handy.** Finally get around to fixing that broken door knob, loose tile, or cleaning scuffed up walls. (Do what you can without having to make the trip to Home Depot).
26. **Write letters to catch up with family and friends.** Since we won't be travelling to see friends and family for a while, writing letters and e-mails to loved ones is a lovely way to stay connected. Try sending snail mail for a change.

27. **Check your medicine cabinets for expired products.** A great time to sort through old expired products and medications. Look up nearby drop-off locations so you can dispose of medications properly once you can leave the house again.
28. **Go outside for a walk.** Don't forget to go outside and enjoy some fresh air. Find spots that are not busy and walk. We all need the fresh air and Vitamin D right now.
29. **Make a dream list.** Make lists of all the museums, sporting events, and concerts you want to visit when they finally reopen. Keep the lists going with restaurants, vacations, and trips to visit loved ones.
30. **Finally, remember to stay positive.** Two weeks will have gone by before you know it, and you'll have an impressive list of things you were able to accomplish.