

You Were Exposed to COVID-19 at School. Now What?



How is COVID-19 spread?

The virus that causes COVID-19 most commonly spreads between people who are in close contact with one another (within about 6 feet, or 2 arm lengths). It spreads through respiratory droplets or small particles, such as those in aerosols, produced when an infected person coughs, sneezes, sings, talks, or breathes. These particles can be inhaled into the nose, mouth, airways, and lungs and cause infection. This is thought to be the main way the virus spreads.

Droplets can also land on surfaces and objects and be transferred by touch. A person may get COVID-19 by touching the surface or object that has the virus on it and then touching their own mouth, nose, or eyes. However, this is not thought to be the main way the virus spreads.

There is some evidence that droplets and airborne particles can remain suspended in the air and be breathed in by others, and travel distances beyond 6 feet (for example, during choir practice, in restaurants, or in fitness classes). In general, indoor environments without good ventilation increase this risk.

How was I exposed to COVID-19?

You may have been exposed to COVID-19 while at school or at a school-related activity, by being in close contact with someone who had symptoms or tested positive for COVID-19.

Being closer than 6 feet to a person for 15 minutes or longer in a 24-hour period, with or without wearing masks, counts as close contact.



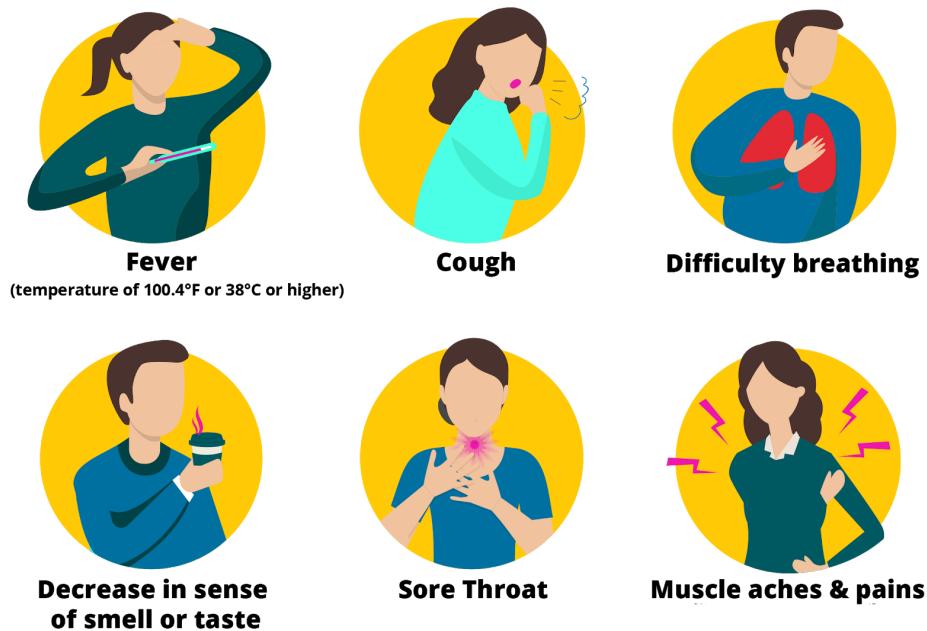
For 15 Minutes

When can a person spread COVID-19?

- A person can spread COVID-19 up to 48 hours before showing any symptoms, or being sick
- You may have been exposed to COVID-19 from someone even if he/she was not sick
- The only way to know, for sure, if a person has COVID-19 is by getting a COVID-19 test

What are the symptoms of COVID-19?

Some common symptoms of COVID-19 include:



Get tested right away if you have any of the above symptoms. Other common COVID-19 symptoms include: congestion or runny nose, nausea or vomiting, diarrhea, fatigue, and headache. Symptoms can range from mild to more severe, and in some cases, may require medical care.

Why do I need to be quarantined?

The Centers for Disease Control and Prevention (CDC) recommends that individuals who were exposed to COVID-19 stay home for 14 days and stay at least 6 feet away from others, also known as quarantine. 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 quarantine for 14 days from the last date of exposure, because it can take 14 days for you to get sick.

Those who are quarantined should stay home from work, school, religious gatherings, and other group settings (e.g., school activities, parties, movie theaters, shopping centers, restaurants, etc.).

Are there any exceptions to returning to school sooner than 14 days?

If your child meets certain criteria, they may qualify to return to school as soon as 7 days after their exposure. This criteria includes the following:

- 1) the exposure must have occurred at school; and,
- 2) both your child and the ill person were wearing masks at the time of the exposure; and,
- 3) your child is not currently feeling ill with any symptoms of COVID-19; and,
- 4) your child provides a negative test for COVID-19 at least 7 days after their exposure.

Please refer to the quarantine notice that you received from the school.

If your child qualifies to return to school early, this release is for **school or school activities only**. They must continue to quarantine from all other activities such as work, sports, church, etc. for the full 14 days.

Monitor for symptoms for the next 2 weeks

While you are quarantined, you should check your symptoms daily for **14 days** (even if you return to school early) and report any changes to your school's Point of Contact (POC). 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 should also watch for other symptoms, such as cough and shortness of breath. If you forget to take your temperature, take it as soon as you remember and record it on the form.

Why is it important to self-monitor for symptoms?

Self-monitoring can help you identify if medical care and/or testing is needed. Monitoring yourself for symptoms can also help public health officials know if others you have been in contact with are at risk of getting COVID-19, too.

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 801-525-5200, 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 |

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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 |

Before you take your temperature:

Wait 30 minutes after eating, drinking, exercising or taking a shower or bath.



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

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

For more information on COVID-19, visit:

coronavirus.utah.gov/education/school-manual
daviscountyutah.gov/coronavirus
cdc.gov/COVID19

Other quarantine resources from Utah Coronavirus:

What is quarantine? (pdf)

https://coronavirus-download.utah.gov/Health/10746_Quarantine_Public_Flyer_V6.pdf

What is quarantine? (video)

<https://www.youtube.com/watch?v=7eEzoqOxCpk>

What to do if you are on quarantine or self-isolation for COVID-19 (pdf)

https://coronavirus-download.utah.gov/Health/Care_Booklet_English.pdf

Frequently Asked Questions

How soon do I need to get tested after I have been exposed?

It all depends on if you currently have symptoms:

>>**Yes, I currently have symptoms.** You have one or more of the following symptoms: fever, cough, shortness of breath, muscle aches and pains, decreased sense of smell or taste, or sore throat. Get tested as soon as possible. Find a testing location near you and **be sure to call ahead:** coronavirus.utah.gov/utah-covid-19-testing-locations/

>> **No, I do not have symptoms.** Do not get tested yet. Wait 7 days from the date of your last known exposure with the person who tested positive. If you get tested before this window, the virus may not be detectable yet. Continue to quarantine in the meantime and self-monitor for symptoms. If you develop symptoms sooner than the 7-day window, get tested.

What if I develop any of the COVID-19 symptoms?

If you develop any of the symptoms of COVID-19, you should get tested right away. You can find a testing location at coronavirus.utah.gov/testing-locations or contact your healthcare provider. **ALWAYS call ahead to your testing location. Do not arrive without calling first.**

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

Even if you do not experience any symptoms, you should practice strict physical distancing by staying home and staying at least 6 feet away from other people in your household when possible. Avoid having visitors. If you are unable to have groceries or food delivered to your home and do not have symptoms, go during off hours to avoid larger crowds and always wear a mask.

Quarantine for the full 14 days because symptoms could develop any time during your 14-day quarantine. If your child qualifies to return to school early (refer to page 3), this release is for **school or school activities only**. They must continue to quarantine from all other activities such as work, sports, church, etc. for the full 14 days.

Do I need a referral to get tested for COVID-19?

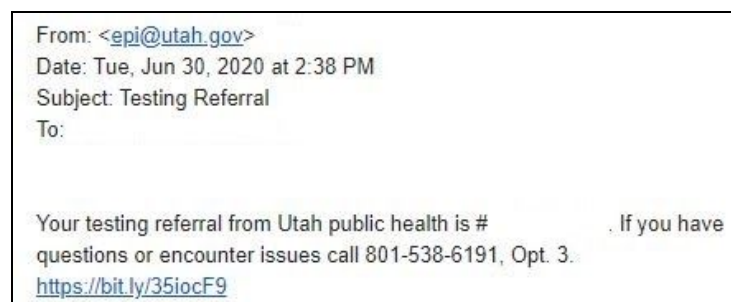
A referral code can assist you in getting tested for COVID-19. If you have not experienced any symptoms, it is important to wait to be tested at least 7 days from the date of your last exposure. However, if you experience symptoms at any time, do not wait to get tested. **ALWAYS call ahead to your testing location. Do not arrive without calling first.**

If you are planning to take your child to the school testing site, a referral code is **not** necessary.

Where can I get a referral code?

A referral code can be obtained by emailing Davis County Health Department at: covidhotline@co.davis.ut.us. Present this code when you go to get tested for COVID-19. If you have any questions, please contact your school's POC.

Example e-mail:



What if I get a negative test result?

If you get a negative test result, you must continue to quarantine for the full 14 days. It is important to do this because symptoms could develop at any time during your 14-day quarantine.

If your child qualifies to return to school early (refer to page 3), this release is for **school or school activities only**. They must continue to quarantine from all other activities such as work, sports, church, etc. for the full 14 days.

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 have been a close contact to someone who is a confirmed COVID-19 case. 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 have been exposed to COVID-19.

What factors increase the risk of exposure?

These are things we know increase the risk of exposure to COVID-19:

Proximity. This means how close someone was to the person who has COVID-19. The closer you are, the more chance there is for exposure.

Duration of exposure. This means how long you were around the person who has COVID-19. The more time you spend with a person who is infectious, the more chance there is for exposure, even including multiple brief encounters.

Symptoms. People are most infectious and can spread the virus to others more easily around the time their symptoms begin.

Respiratory aerosols. If the person who has COVID-19 is coughing, singing, shouting, or doing other things that make it easier for respiratory droplets to spread, the chance of exposure increases.

Environmental factors. Things like crowded spaces, poor ventilation, and if the exposure occurred indoors can increase the chance of exposure.

10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you have possible or confirmed COVID-19:

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



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



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



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.



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



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 mask.



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.



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



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



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



cdc.gov/coronavirus