

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 up to 48 hours before they had symptoms and tested positive for COVID-19; by traveling from another country; or by traveling on a cruise ship or river boat.

What are the symptoms of COVID-19?

Some common symptoms of COVID-19 include:

- Fever or chills*
- Cough*
- Shortness of breath or difficulty breathing*
- Sore throat*
- New loss of taste or smell*
- Muscle or body aches*
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Fatigue
- Headache

*These symptoms are criteria to get tested for COVID-19.

Symptoms can range from mild to more severe, and in some cases, may require medical care. 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 your exposure puts you and others at increased risk for getting COVID-19. The Centers for Disease Control and Prevention (CDC) has recommended that all individuals with travel or close contact exposure stay home for 14 days and stay at least 6 feet away from others. Always wear a mask when around others. Even if you do not have symptoms, you can still spread the virus.

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 (e.g., parties, movie theaters, shopping centers, restaurants, etc.).

What should I do while quarantined?

While you are quarantined, you should check your symptoms daily for up to **14 days** and report any changes 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 should also watch for 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

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.

Why is it important to self-monitor for symptoms?

Self-monitoring, or watching for any changes, can help you and public health officials to identify if medical care and/or testing is needed. Monitoring yourself for symptoms can also 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. Contact the Davis County Health Department at 801-525-5220 if you would like more information.

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

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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

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

It all depends 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 at and **be sure to call ahead:** coronavirus.utah.gov/utah-covid-19-testing-locations/

>> No, I do not have symptoms, but I know I have been exposed to someone who is a confirmed COVID-19 case. Do not get tested yet. Wait 5-7 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 5-7 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. Additionally, 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.

ALWAYS call ahead to your testing location. Do not arrive without calling them first.

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

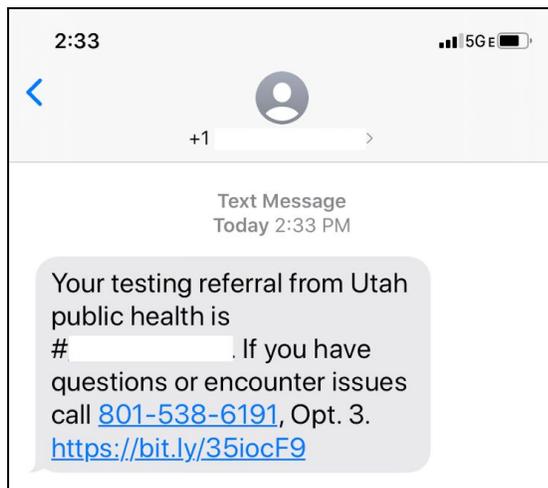
Even if you do not experience any symptoms, you should practice strict social distancing by staying home and staying at least six feet away from other people in your household when possible. Avoid having visitors. If you are unable to have groceries or food delivered to your home and do not have symptoms,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

Please quarantine for the full 14 day quarantine period. It is important to do this because symptoms could develop at any time during your 14-day quarantine.

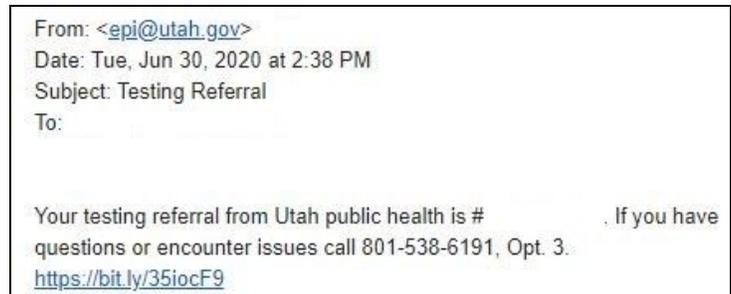
I received a referral code from the health department. What do I do with it?

If requested, a referral code is sent to you via text or email. The link in the message will help you find a testing location near you. Present this code when you go to get tested for COVID-19.

Example text:



Example e-mail:



Why do I need a referral code?

A referral code is like a ticket to getting tested for COVID-19. Because the health department already confirmed you have been a close contact to a positive COVID-19 case, you should not need any other documentation other than the referral code to get tested. The code should also allow you to get tested even if you do not have symptoms within 5-7 days after being exposed. Therefore, have the referral code handy when going to your testing appointment. **ALWAYS call ahead to your testing location. Do not arrive without calling them first.**

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. Additionally, 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.

ALWAYS call ahead to your testing location. Do not arrive without calling them first.

What if I get a negative test result?

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

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.

For more information on COVID-19, visit:

www.daviscountyutah.gov/coronavirus

What is contact tracing?

Contact tracing is an important part of how public health responds and stops disease outbreaks. People who have been in close contact with someone who has COVID-19 are more at risk of getting infected and making others sick. Contact tracing is how public health workers find the close contacts of someone who has COVID-19.

How does contact tracing work?

Public health workers talk to people who have COVID-19 to find out who their close contacts are. The health department calls the close contacts and actively monitors them for symptoms, or checks to see if they get sick. They may also ask them to quarantine or self-isolate. The health department gives them important information about what they need to do next. They tell close contacts where to get tested or get medical care. They also tell them what to do to keep other people from getting sick.



Active monitoring

Active-monitoring is when someone from your local health department calls or texts you one time a day to check on you and ask you how you are feeling.

Contact tracing process



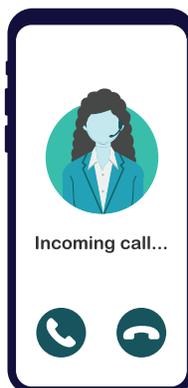
1 Jane and Dan were at the same birthday party.



2 A few days later, Dan gets symptoms of COVID-19. He gets tested. Dan tests positive for COVID-19.



3 The health department works with Dan to find out the places he has been and who he has spent time with.

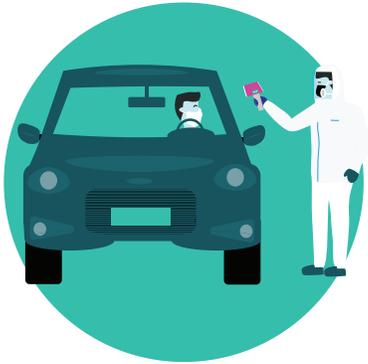


4 The health department calls Jane to tell her she may have been exposed to COVID-19. They tell her what she needs to do next.

What is contact tracing?

What to do if you were exposed to COVID-19

If the health department calls to tell you that you have been exposed to COVID-19, you need to quarantine. The health department may also ask you to get tested for COVID-19 even if you don't feel sick.



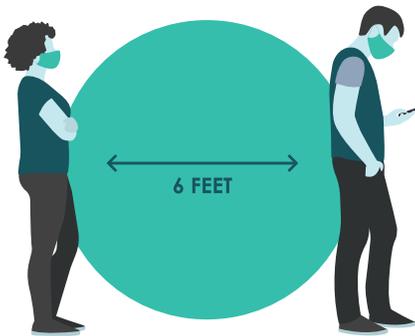
Get tested for COVID-19.



Leave your house only if you have to or to get medical care.



Limit the number of visitors to your home.



Try to stay at least 6 feet away from other people.



Clean surfaces that are touched often.



Wear a mask or face covering if you go out of your home or need to be around other people.

COVID-19 Drive-up Test Sites



Always call ahead.

Pre-screening, cost, & insurance billing
vary by location.

University of Utah, Farmington Health Center
844-745-9325

Intermountain Layton Clinic
844-442-5224

Tanner Clinic, Layton
801-776-7121

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Other

TestUtah, Ogden, testutah.com

Testing may also be available by contacting your primary care provider.

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

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.



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.



cdc.gov/coronavirus

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

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 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.

COVID-19 antibody tests

Serology or antibody tests may be able to tell if you have been infected with the virus that causes COVID-19.

Your body makes antibodies when it fights an infection. Antibodies in your blood mean at one time you were exposed to COVID-19. Antibody tests find these antibodies in your blood and tell you if your immune system has responded to the infection.



Antibody tests may show if you have been previously infected.

A blood sample is used to find:



Develop early in an infection.



Develop later or after you've recovered.



An antibody test is different from the test in which a healthcare worker uses a nasal swab to collect a sample from your throat, behind your nose. This test is called a PCR test. A PCR test tells you if you are sick with COVID-19 right now.

Where can I get an antibody test?

Right now, you will need to ask your healthcare provider to order an antibody test. There may be a cost to you and your health insurance for this test. Ask your health insurance provider what the cost will be.

What does a positive antibody test result mean?	What does a negative antibody test result mean?
<ol style="list-style-type: none">1. If an antibody test is positive and shows antibodies are in your blood, you were likely infected with COVID-19.2. This does not guarantee you have immunity to the virus.3. It is important to still practice social distancing.	<ol style="list-style-type: none">1. If an antibody test is negative and shows no antibodies in your blood, you were likely not infected with COVID-19.2. You may have been tested early in your infection, or your body has not made enough antibodies to be detected.3. It is important to still practice social distancing.

If you get sick with symptoms of COVID-19 (like a fever, cough, shortness of breath, muscle aches, sore throat, or a decrease in your sense of smell or taste), you may need to be tested for COVID-19 with a PCR test. A PCR test is done by a healthcare worker who uses a nasal swab. Call a healthcare provider or visit www.coronavirus.utah.gov/testing-locations/.