

COVID-19 School Manual Summary



CORONAVIRUS
UTAH.GOV

What happens if a student, teacher, or employee tests positive for COVID-19?



If a student, teacher, or employee tests positive for COVID-19, he or she should isolate right away. This means the person needs to stay at home and away from other people as much as possible. The student, teacher, or employee should not come to school or work.

The person who tested positive should isolate until he or she has been:

- Fever-free for 24 hours, and
- His or her respiratory symptoms have improved for 24 hours, and
- It has been at least 10 days since he or she first got sick.
- If the person did not have symptoms, he or she should isolate for 10 days from the day he or she was tested.

What happens if a student, teacher, or employee is exposed to someone with COVID-19?

People who have been in close contact with someone who tests positive for COVID-19 are at an increased risk of getting infected and infecting others.

Close contact means a person was closer than 6 feet or 2 meters (about 2 arm lengths) from someone who tested positive for COVID-19 for a total of 15 minutes or longer within a 24-hour period.^{1,2} You may also have a close contact exposure if:

- You cared for someone at home who is sick with COVID-19.
- You had direct physical contact with the person who has COVID-19 (hugged or kissed them).
- You shared eating or drinking utensils with the person who has COVID-19.
- The person who has COVID-19 sneezed, coughed, or somehow got respiratory droplets on you.



Anyone who was in close contact with a person who has COVID-19 up to 2 days before he or she had symptoms is considered exposed and should quarantine. Even if the person who has COVID-19 did not have any symptoms, he or she is infectious up to 2 days before they were tested.

¹ <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

² <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

How long does a student, teacher, or employee have to quarantine?

These guidelines do not apply to students, teachers, or employees who are living with someone who is positive for COVID-19.



Students, teachers, or employees may end quarantine:

- **On day 10 without testing.** If the person does not have symptoms of COVID-19, he or she can end quarantine 10 days after the last time they had close contact with the person who tested positive.
- **On day 7 with a negative test result.** The person who was exposed can get tested on day 7 of their quarantine. He or she can end quarantine if their test is negative and they do not have any symptoms of COVID-19. The person must wait at least 7 days after their exposure to be tested. The test can be a PCR or rapid antigen test. The person must continue to quarantine until they get their test results back.

Anyone who is exposed should watch for symptoms until it has been 14 days after their exposure. There is a small chance he or she can still get COVID-19. If the person has symptoms of COVID-19, he or she should isolate at home, call their healthcare provider, and may need to get tested again.

If students, teachers, or employees have a mask exemption or only wear a face shield, how long do they have to quarantine?

Students, teachers, or employees who were not wearing a mask at the time of exposure or who were exposed to someone who was not wearing a mask may end quarantine:

- **On day 10 without testing.** If the person does not have symptoms of COVID-19, he or she can end quarantine 10 days after the last time they had close contact with the person who tested positive.
- **On day 7 with a negative test result.** The person who was exposed can get tested on day 7 of their quarantine. He or she can end quarantine if their test is negative and they do not have any symptoms of COVID-19. The person must wait at least 7 days after the exposure to be tested. The test can be a PCR or rapid antigen test. The person must continue to quarantine until he or she gets the test results back.



Anyone who is exposed should watch for symptoms until it has been 14 days after their exposure. There is a small chance he or she can still get COVID-19. If the person has symptoms of COVID-19, he or she should isolate at home, call their healthcare provider, and may need to get tested again.

If a student, teacher, or employee lives with someone who has COVID-19, how long does he or she have to quarantine?

A person who lives with someone who tests positive for COVID-19 is called a household contact. Household contacts are at a much higher risk of getting infected with the virus.

Students, teachers, or employees who are a household contact should quarantine for 10 days from the last day of exposure to the person who tested positive. **He or she must finish the entire 10-day quarantine, even if he or she does not have symptoms or tests negative.** He or she may not end quarantine before 10 days.

It can be very hard to stay isolated from people who have COVID-19 and live in your home. Students, teachers, or employees who live with a person who tests positive for COVID-19 may have ongoing exposures and may need to quarantine longer than 10 days. Every time a household contact comes into close contact with the person who is positive while they are infectious, his or her quarantine starts over.



What happens if a student, teacher, or employee is exposed to COVID-19 more than once?³

If a student, teacher, or employee is exposed to COVID-19 again (a new exposure) **within 90 days** of testing positive for COVID-19 and does not have symptoms of COVID-19, he or she doesn't need to quarantine. He or she also doesn't need to be tested for COVID-19 during this 90-day timeframe.

The person should follow these guidelines for 14 days from the date of their last exposure:

- Take his or her temperature before work.
- Check for symptoms of COVID-19 every day.
- Wear a face covering when he or she is around people they don't live with.
- If he or she gets sick or has symptoms of COVID-19, isolate for at least 10 days after symptom onset and call a doctor or healthcare provider to determine if they should get tested for COVID-19 again.

If a student, teacher, or employee is exposed to COVID-19 again (a new exposure) and it has been **more than 90 days** since he or she tested positive for COVID-19, he or she should quarantine and get tested again. If the person gets sick or has symptoms while on quarantine, isolate and call a doctor or healthcare provider.



³ <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/contact-tracing.html>

Safety precautions for people who have been exposed to someone with COVID-19

- Check for symptoms of COVID-19 every day, including taking your temperature if possible. If you do not have a thermometer, check your skin to see if it feels warm or looks red. A helpful booklet called, "What to do if you are on quarantine or self-isolation," can be downloaded at <https://coronavirus.utah.gov/protect-yourself/>.
- Stay home and away from other people as much as possible. Do not go to school, work, extracurricular activities, religious services, family gatherings, or other activities until your quarantine is over.
- Wear a cloth face covering or mask if you need to leave your home for essential errands like getting groceries or to get medical care. Only leave your home if you have to.
- Limit the number of visitors to your home. This is especially important if you or someone you live with is at higher risk for severe illness from COVID-19.
- Clean surfaces that are touched often (phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal).
- Wash hands with soap and water often. If soap and water are not available, use an alcohol-based hand sanitizer that is at least 60% alcohol.
- Open the windows as much as you can to improve the ventilation and increase air exchanges in rooms.
- Do not share food or utensils with other people.
- Do not share personal items like a toothbrush with other people.

