

You Were Exposed to COVID-19. 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. Spread from touching surfaces 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 through:

- Co-workers
- Family or friends
- A public place (store, social gathering, sporting event, etc.)
- A surface, such as a door knob, or countertop, that has the virus on it



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

You may have been exposed to the virus if you came in close contact with someone who has COVID-19. This means you could be at risk of getting it, too. Being closer than 6 feet to a person for 15 minutes or longer in a 24-hour period counts as close contact.



What are the symptoms of COVID-19?

Some common symptoms of COVID-19 include:



Fever
(temperature of 100.4°F or 38°C or higher)



Cough



Difficulty breathing



Decrease in sense of smell or taste



Sore Throat



Muscle aches & pains

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?

You are required to be quarantined because your exposure puts you and others at increased risk for getting COVID-19. Quarantine is a strategy that separates and restricts the movement of those who may have been exposed to the virus and helps to slow the spread of COVID-19.

During this time, it is important to stay at least 6 feet away from others. Even if you do not have symptoms, you can still spread the virus. Always wear a mask when around others. 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.).

How long will my quarantine last?



The Centers for Disease Control and Prevention (CDC) has recommended that all individuals who are quarantined, stay home for at least a **10 day** period, starting from the last day of close contact with the person who tested positive for COVID-19. It can take up to 14 days from exposure, before symptoms develop, so it is recommended to quarantine for 14 days if possible, but only 10 days are required.

Testing Option: If they choose, those who are quarantined may get tested 7 days after they were exposed to COVID-19. If they test negative and do not have any symptoms of COVID-19, they can end their quarantine. **However, household members must quarantine for 10 days, even if their test results are negative.** If you choose not to be tested, you must quarantine for 10 days.

What if I have been vaccinated against COVID-19?

You are fully immune if it has been 2 weeks since your final dose of the COVID-19 vaccine. **If it has been more than 2 weeks since your final vaccine, then you do not need to quarantine.** However, you should monitor yourself for symptoms of COVID-19 over the next 14 days. If you do develop symptoms (which would be rare), you should isolate and talk to a doctor or healthcare provider. You may need to get tested for COVID-19.

If you have only been partially vaccinated (either you've only received 1 dose of a 2-dose vaccine like Pfizer or Moderna OR it has been less than 2 weeks since you received your final vaccine), **you will need to quarantine for 10 days.**

You should monitor yourself for symptoms and be tested if you develop any symptoms. **You may get tested 7 days after you were exposed to COVID-19.** If you test negative and do not have any symptoms of COVID-19, you can end quarantine. **If you live with someone who has COVID-19, you must quarantine for the full 10 days, even if your test is negative.**

What should I do while quarantined?

Monitor your health while quarantining. You should check your symptoms daily for up to **14 days**. 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 that is attached. You should also watch for other symptoms, such as cough and shortness of breath. Call a doctor if you get a fever, cough, shortness of breath, muscle aches, sore throat, or a decrease in your sense of taste or smell. These are symptoms of COVID-19. You should get tested for COVID-19 if you have any one of these symptoms. For more information on testing and locations, visit coronavirus.utah.gov/testing-locations/.

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

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 symptoms, can help you identify if medical care and/or testing is needed.

What if I need assistance while I am quarantined?

If you need extra assistance to stay safe at home, please call **801-525-5050**, **Option 5**.

For more information from Davis County Health Department disease investigators visit daviscountyutah.gov/health/covid-19/protect-yourself or call **801-525-5200**.

To request an official quarantine letter, complete the form at this [link](#).

Other quarantine resources from Utah Coronavirus:

What is quarantine? (pdf)

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

What is quarantine? (video)

<https://youtu.be/FUFIVzHBUq4>

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

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

For more information on COVID-19, visit:

daviscountyutah.gov/coronavirus

coronavirusutah.gov

cdc.gov/COVID19

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 7 days from the date of your last known exposure with the person who tested positive. Continue to quarantine in the meantime and self-monitor for symptoms. If you develop symptoms sooner, 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. **Most COVID-19 test sites require an appointment. Schedule a time online using the test site's webpage or test site phone number.**

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

Even if you do not experience any symptoms, you should continue to stay home and stay at least six feet away from your household members 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.

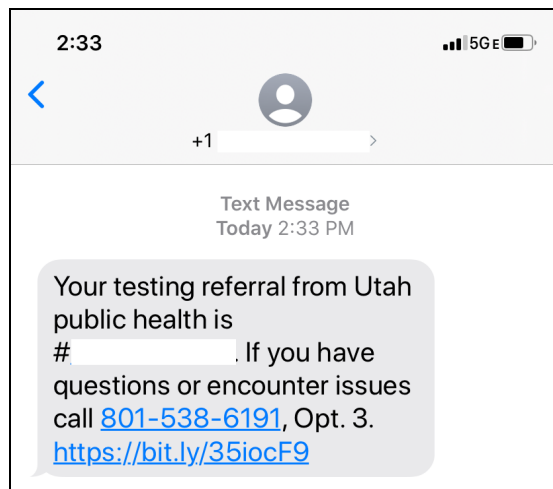
Please continue to quarantine for at least 10 days from when you had close contact with someone who tested positive for COVID-19.

You may get tested 7 days after you were exposed to COVID-19. If you test negative and do not have any symptoms of COVID-19, you can end quarantine. **If you live with someone who has COVID-19, you must quarantine for 10 days, even if your test result is negative.**

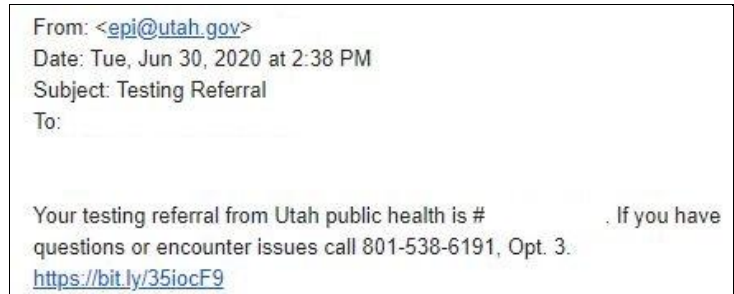
I received a referral code from the health department. What do I do with it?

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. It signifies to the testing site that public health has identified you as a close contact to a positive COVID-19 case. Not all testing sites are accepting the referral code, but it may come in handy when scheduling your testing appointment. **Most COVID-19 test sites require an appointment. Schedule a time online using the test site's webpage or test site phone number.**

What if I get a negative test result?

If you get a negative test result at least 7 days after you were exposed to COVID-19 and are not living in the same household as someone who tested positive for COVID-19, you can end your quarantine. However, if you live in the same household as someone who has COVID-19, then you must quarantine for 10 days, even if your test result is negative.

You should continue to monitor yourself for symptoms for 14 days from your last exposure.

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.

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).

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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.**



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



- 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.



- 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 for information on COVID-19 symptoms.