

NOTICE TO QUARANTINE



For 15 Minutes

You have been exposed to COVID-19 through close contact to someone who tested positive for the virus. That means you were closer than 6 feet to that person for 15 minutes or longer in a 24-hour period.

You are asked to quarantine because your exposure puts you and others at increased risk for getting COVID-19.

Quarantine is for people who are not sick and don't have any symptoms of COVID-19, but who have been exposed to it. Quarantine keeps you away from others so you don't infect someone else.



You should quarantine by staying home for 10 days, starting from the last day you were exposed to the person with COVID-19.

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.**

A 14-day quarantine is still the best way to protect people from COVID-19, though no longer required.

Maintain physical distance (at least 6 feet) from others at all times.

Always wear a mask when around others. Even if you do not have symptoms, you can still spread the virus.

Monitor your health while quarantining. 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/.

Seek medical care if your symptoms become severe. Emergency warning signs include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.

Quarantine is essential to slow the spread of COVID-19 in our community.

Do your part to keep your family and your community safe.

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](#).

