

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 an increased risk of getting COVID-19.

Quarantine is for people who have been exposed to COVID-19, but are not sick and don't have any symptoms. 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.

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 for symptoms. It is possible to develop symptoms of COVID-19 up to 14 days after your exposure.

If you get a fever, cough, shortness of breath, muscle aches, sore throat, or a decrease in your sense of taste or smell, you should get tested for COVID-19. 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.

How do COVID-19 vaccinations affect quarantine and isolation guidelines?

- If it has been 2 weeks since your final dose of the COVID-19 vaccine, you do not need to quarantine.
- 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 more information from the Davis County Health Department, 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](#).