

Updated 11/23/2020

What is the COVID-19 Transmission Index?

The COVID-19 Transmission Index is a balanced approach intended to protect individuals, communities, and businesses. The goal of this model is for each county's residents to work together at lowering their county's transmission index level, and for as many counties to be in the low level as possible.

There are three levels in the transmission index: high, moderate, and low. Each level has certain requirements for individuals and businesses to follow in order to reduce transmission of COVID-19.

What data are used to decide the transmission index?

Levels are determined by the 7-day average percent of positive tests, 14-day case rate per 100,000 people, and statewide ICU utilization. You can see the transmission index metrics here: coronavirus.utah.gov/utah-health-guidance-levels.

Counties that meet at least two criteria for high, moderate, or low will be moved to that level. For example, if a county meets the "high" level criteria for the 7-day average percent positivity, the "high" level for the 14-day case rate, and the "low" for statewide ICU utilization, the county would be in the "high" transmission index level.

Frontier counties (those with fewer than six people per square mile) with less than or equal to 14 cases in the previous 14 days will automatically be designated as "low" transmission. Frontier counties with more than 14 cases in the previous 14 days will have their transmission level determined using the standard transmission index criteria.

Transmission index criteria

- **What does 7-day average % positivity mean? Why is this important?**
This metric shows the average percent of positive laboratory results over the most recent 7-day period. This is calculated by dividing the total number of positive tests by the total number of people tested and then dividing by 7. This information helps us understand how well we are doing with testing. When the percent positivity is above 10 percent, that means we are missing sick individuals because we aren't testing enough. If it is less than 5%, we are likely capturing most folks with COVID. [Understand more about percent positivity from Johns Hopkins University](#).
- **What does a 14-day case rate per 100k mean? Why is this important?**
The two-week cumulative incidence rate summarizes new cases reported in the past 14 days per 100,000 people. An incidence rate tells us how quickly a disease is spreading in a population because it helps us compare areas with different sizes of populations as if they all had the same population. Areas with higher incidence rates have more people who are sick with COVID-19 and infectious.



- **Why do you use statewide ICU utilization and not a local area ICU utilization?**
Some local areas do not have ICUs, and will transfer sick residents out of the area to receive care. Other areas have limited ICU capacity, and likewise may transfer their sickest patients to ICUs in other areas of the state. For these reasons, looking at ICU capacity in specific geographic areas is not the best way to determine how COVID-19 is impacting ICU capacity.

When does this new change go into effect?

The COVID-19 Transmission Index is effective immediately. The previous Phased Guidelines (or color-coded restriction levels) are no longer being used. As of November 24, 2020, the Governor's State of Emergency is no longer in effect.

The requirements in the COVID-19 Transmission Index do not replace any laws, ordinances, or administrative rules that apply to a specific industry. For example, child care facilities should follow the requirements for the level of transmission their county is in as well as state child care facility licensing rules.

Are the actions listed in the COVID-19 Transmission Index a mandate? Does the health department have legal power to enact this?

Under [Utah Code §§ 26-1-30\(3\), \(5\), \(6\)](#), and [26-6-3](#), the Utah Department of Health is required to protect the health of the people within the state and control the spread of epidemic and infectious diseases. The Utah Department of Health is given the legal power and authority to issue public health orders to fulfill these duties under [Utah Code § 26-1-10](#).

The COVID-19 Transmission Index has been approved through a State Public Health Order. This means the actions for each level of transmission risk are requirements. State and local health departments have legal power and authority to enforce these requirements.

When does a county change levels?

Changes to a county's transmission index level will occur on a seven-day cycle. The Utah Department of Health will review the data each Wednesday and announce changes on Thursdays.

Changes from a lower transmission level to a higher transmission level may occur weekly. Changes from a higher transmission level to a lower transmission level may occur every 14 days at minimum, when thresholds are met.

Who makes that decision?

The data drive the decision, and counties that meet at least two criteria for high, moderate, or low will be moved to that level.

Where can I see data/transmission level criteria for my county?

You can see what transmission level your county is in and the current metrics here: coronavirus.utah.gov/utah-health-guidance-levels.

Do any of the transmission index criteria have more weight than others?

No. Each criteria carries equal weight when determining which level a county is in.



What is the difference between the ICU utilization measure and the COVID-19 ICU measure?

The COVID-19 Transmission Index looks at two different statewide ICU utilization measures together.

The ICU utilization measure looks at the percentage of patients who are hospitalized in an intensive care unit for any reason across, as well as COVID-19 patients who are in the ICU, across all hospitals in the state. The COVID-19 ICU measure looks at the percentage of patients who are hospitalized in an intensive care unit due to COVID-19.

How does a county lower its transmission index?

The actions of each individual and organization will have a profound effect on the spread of COVID-19 in our communities. Ultimately, our personal decisions determine what level of transmission we want to live with. The state has implemented specific thresholds that must be met. Counties will no longer be allowed to request a change from one level to another. All decisions about what transmission risk level a county is in will be decided based on the transmission index criteria.

Wearing a mask, physical distancing, washing your hands often, staying home when you are sick or test positive for COVID-19, and following public health guidelines will make a difference. Until a vaccine is widely available, these simple actions are how we will stay safe and keep our economy open.

How will these restrictions be enforced?

Businesses are expected to enforce mask requirements with their employees and to promote mask wearing to their patrons, and visibly post signage to that effect. Any business that does not comply with the requirements of the public health order could face penalties, including loss of their business license.

The Utah State Board of Education and the Utah High School Activities Association will enforce the requirements on extracurricular activities.

Individual colleges and universities will work with the Utah System of Higher Education to implement testing requirements on campuses.

Local health departments and/or law enforcement agencies are authorized under state statute to enforce any element of a public health order.

Face masks

Is the entire state under a mask mandate?

Yes. Face masks are required in all counties.

When are face masks required?

You must wear a face mask while in an indoor public setting. You must also stay 6 feet away from other people who do not live with you while in an indoor public setting.



You must wear a face mask while outdoors anytime you are closer than 6 feet to other people who do not live with you.

For businesses, face masks must be worn by both employees and patrons.

The [State Public Health Order](#) requiring masks in schools is still effective.

What are the penalties for not wearing a mask?

You are subject to a fine. Businesses that fail to enforce employee mask wearing, promote patron mask wearing, or that do not post signs to that effect, are also subject to a fine by the Utah Labor Commission.

Are there exemptions for face masks?

Yes. [State Public Health Order 2020-25](#) lists what settings or individuals are allowed face mask exceptions.

At what age are masks required?

Children younger than 3 years of age are exempt from wearing a face mask.

Do I have to wear a mask at the gym or while exercising?

Patrons must wear a face mask to enter or exit the building. You are not required to not wear a face mask while exercising outdoors. You are not required to wear a face mask while exercising indoors as long as you can stay at least 6 feet away from other people. However, we strongly encourage individuals to wear a mask at all times if possible while at gyms or fitness centers.

Do I have to wear a mask if I am a performer or athlete in an event (like a game, competition, or performance)?

No. Individuals who are actively performing as an athlete at an organized athletic event or who are giving a religious, political, media, educational, artistic, cultural, musical, or theatrical presentation or performance for an audience do not have to wear a face mask. However, we strongly encourage individuals to wear a mask at all times during athletic events and performances if possible.

Do child care facilities have to require masks?

Child care facilities should follow state [child care licensing rules and regulations](#). Under the COVID-19 Transmission Index, child care facilities are also considered a business and should follow the "All businesses" guidelines.

Some child care facilities are also considered a public school and need to follow the [public health order](#) requiring masks in schools.

Social gatherings and events

Can I attend a social gathering?

Yes. However, if you live in a county that is **high or moderate** transmission level, we strongly encourage you to limit social gatherings to **10 or fewer** people. If you live in a county that is **low** transmission level, we strongly encourage you to limit social gatherings to **50 or fewer**



people. We also strongly encourage you to wear a mask anytime you are around people you don't live with and to keep at least 6 feet of distance from other people.

Right now, the safest gathering is with just the people you live with. The more people from different households a person interacts with at a gathering, the closer the physical interaction is, and the longer the interaction lasts, the higher the risk that a person who has COVID-19 may spread it to others, whether he or she has symptoms or not.

Do these requirements apply to gatherings in my own home?

[State Public Health Order 2020-25](#) does not apply to a gathering of individuals at a private residence for a non-commercial purpose. However, if you live in a county that is designated as **high or moderate** transmission level, we **strongly encourage** you to limit social gatherings to **10 or fewer** people. We also strongly encourage you to wear a mask anytime you are around people you don't live with and to keep at least 6 feet of distance from other people.

Right now, the safest gathering is with just the people you live with. The more people from different households a person interacts with at a gathering, the closer the physical interaction is, and the longer the interaction lasts, the higher the risk that a person who has COVID-19 may spread it to others, whether he or she has symptoms or not. We also strongly encourage you to wear a mask anytime you are around people you don't live with and to keep at least 6 feet of distance from other people.

What does a social gathering mean?

According to [State Public Health Order 2020-25](#), a social gathering means an in-person gathering (indoors or outdoors) of individuals from separate households.

Social gatherings do not include a gathering for a primarily educational or religious purpose, a business service at a residence (like plumbing, construction, or house cleaning services), or custody arrangements or child care (like daycare, nanny, or babysitting services).

Examples of such social gatherings are:

- Get-togethers with friends, families, or neighbors
- Celebrations of any kind that are not overseen by a formal organization (celebration of life events, baby showers, religious celebrations)
- Potlucks, BBQs, or dinner parties
- Book clubs
- Game nights
- Birthday parties
- Holiday parties
- Cultural celebrations (such as quinceañeras)
- Any other event where members from more than one household are present

What does a “household” mean?

Household means people who live together.



What does an “event host” mean?

“Event host” means a person that owns, operates, provides facilities for, or has formal oversight over any of the following where a social gathering occurs: an amusement or water park, arena, aquarium, aviary, botanical garden, ceremony, cinema, comedy club, commercial event venue, commercial party venue, concert or concert hall, conference, convention or convention center, dance or dance hall, driver’s education training, fair or fairground, museum, organized athletic or sporting event, recital, stadium, theater, or zoo.

What requirements must an event host follow?

An event host must:

- Require each individual attending the social gathering to wear a face mask, including in entrances and exits of the location.
- Post signage at the social gathering that lists COVID-19 symptoms, asks individuals experiencing COVID-19 symptoms to stay home, and provides notice of face mask and physical distancing requirements.
- Complete and implement the requirements of the [Event Management Template](#).

For events in counties designated as **high or moderate** transmission level, an event host must also:

- Require at least 6 feet of physical distance between individuals from separate households at all times, unless the event host receives a waiver according to [State Public Health Order 2020-25](#).

I have an event like a wedding planned. Can I still have it?

This order does not apply to religious services which may or may not be applicable for an event like a wedding.

COVID-19 is spreading rapidly throughout Utah. Large gatherings have the potential to be super spreading events. Right now, it is safest to not gather with anyone outside of your household (people who do not live with you). You may attend a social gathering if the social gathering has an event host AND everyone in attendance wears a face mask AND everyone in attendance follows the physical distancing requirements. Household groups must be separated by at least 6 feet of distance at the social gathering. Event hosts are responsible for ensuring all requirements and restrictions are met.

Under public gatherings/events it doesn't give a maximum number of attendees. Is it determined by maintaining 6' distance?

Yes. There are no limits on the number of attendees at public gatherings. **Under the high and moderate levels, 6 feet of physical distance between household groups is required.** Exceptions to the physical distancing requirements will be rare and must be approved by county executives in consultation with the local health officer.



Businesses

Are businesses still open?

Yes. Businesses are still open.

What requirements do I need to follow for my industry?

We expect that businesses know how to keep [employees and patrons safe](#). We are no longer using color-coded restriction levels. The industry-specific guidelines have also been removed with the exception of restaurants, bars, and establishments that allow public gatherings.

Actions that are required in the COVID-19 Transmission Index can be found here: coronavirus.utah.gov/utah-health-guidance-levels.

What requirements do I need to follow for my industry or business?

All businesses must:

- Require employees and contractors to wear a face covering while at work.
- Post signs at each entrance that lists COVID-19 symptoms, asks individuals experiencing COVID-19 symptoms to stay home, and provides notice of face mask and physical distancing requirements.
- While not a requirement, we also strongly encourage you to only dine at restaurants with the people you live with.

For businesses in counties designated as **high** transmission level, all businesses must also:

- Require at least 6 feet of physical distance between household groups. For bars and restaurants, at least 6 feet of physical distance is required between parties.
- For bars and restaurants, alcohol may not be served after 10 p.m.

For restaurants in counties designated as **moderate** transmission level, the business must also:

- Required at least 6 feet of physical distance between each party in the waiting areas.

For bars in counties designated as **moderate** transmission level, the business must also:

- Limit occupancy to 75% of legal capacity.

What time do bars and restaurants have to stop selling alcohol?

Bars and restaurants in counties designated as **high** transmission level may not serve alcohol after 10:00 p.m. but are permitted to remain open.

I have a business in a county designated as **high** transmission level.

What do I need to do?

All businesses in counties designated as high transmission index must:

- Require employees and contractors to wear a face covering while at work.
- Post signs at each entrance that lists COVID-19 symptoms, asks individuals experiencing COVID-19 symptoms to stay home, and provides notice of face mask and physical distancing requirements.
- Require at least 6 feet of physical distance between household groups. For bars and restaurants, at least 6 feet of physical distance is required between parties.



- For bars and restaurants, alcohol may not be served after 10 p.m.
- While not a requirement, we also strongly encourage you to only dine at restaurants with the people you live with.

I have a business in a county designated as moderate transmission level.

What do I need to do?

All businesses in counties designated as moderate transmission index must:

- Require employees and contractors to wear a face covering while at work.
- Post signs at each entrance that lists COVID-19 symptoms, asks individuals experiencing COVID-19 symptoms to stay home, and provides notice of face mask and physical distancing requirements.

For restaurants in counties designated as moderate transmission level, the business must also:

- Required at least 6 feet of physical distance between each party in the waiting areas.

For bars in counties designated as moderate transmission level, the business must also:

- Limit occupancy to 75% of legal capacity.

I have a business in a county designated as low transmission level.

What do I need to do?

All businesses in counties designated as low transmission index must:

- Require employees and contractors to wear a face covering while at work.
- Post signs at each entrance that lists COVID-19 symptoms, asks individuals experiencing COVID-19 symptoms to stay home, and provides notice of face mask and physical distancing requirements.

Do you have signage my business can use as required in the order?

Business signage is available at https://coronavirus-download.utah.gov/business/Business_Signs.zip.

If employees do not want to wear a face mask, can they wear a face shield instead?

Face shields are not a substitute for a face mask. Exemptions to the face mask mandate are listed in [State Public Health Order 2020-25](#).

Do employees have to wear a face mask at work even if they can stay at least 6 feet apart from other coworkers and do not interact with the public?

Businesses must require employees and contractors to wear a face mask while at work. If you are alone in a cubicle, office, or similar setting, you may remove your mask.

Can restaurants and bars use plexiglass barriers in place of the physical distancing requirements?

No. Plexiglass barriers are not a substitute for physical distancing requirements between patrons. However, plexiglass barriers are encouraged, where feasible, at cash registers and customer service counters when 6' distancing is difficult.



**I work in a hair salon/barber shop/personal services industry, do I have to wear a mask?
Do my customers have to wear masks?**

Businesses must require employees and contractors to wear a face mask while at work. When 6' physical distancing cannot be maintained, everyone should wear a mask.

Are the healthcare specific guidelines still required?

Yes. Visit <https://coronavirus.utah.gov/recommendations-for-providers/> for the latest information on health care guidance.

Are elective surgeries being postponed statewide because of the new restrictions?

Not at this time. However, some local healthcare systems may decide to postpone surgeries when COVID-19 cases begin to surge and their capacity to care for patients becomes strained.

What does it mean by “hygiene practices”?

Good hygiene practices are some of the best ways to fight any illness, because this is how to stop germs from spreading. This includes COVID-19. You should follow normal hygiene practices when you are at work and at home.

- Stay home when you are sick.
- Try not to touch your eyes, nose, or mouth with unwashed hands.
- Wash your hands often for 20 seconds with soap and water. If you do not have soap and water, use hand sanitizer that has at least 60% alcohol
- Cough or sneeze into your elbow or a tissue. Do not use your hands.
- Do not shake hands or touch other people. Use other ways to greet people without touching.
- Try not to touch surfaces many people touch.

Wash your hands:

- After you cough or sneeze.
- After you use the restroom.
- Before you eat or make food.
- After you touch animals or pets.
- Before and after you care for another person who needs help, such as a child.
- Before and after your work shifts.
- Before and after you take breaks at work.

Can I go to work?

Yes. You should telework if at all possible, especially if you work in a county designated as high or moderate transmission level. If it is not possible to telework, you need to take extra precautions at work:

- Wear a face mask anytime you are around people you don't live with.
- Physical distance anytime you are around people you don't live with.
- Stay home when you are sick, have symptoms of COVID-19, have tested positive for COVID-19 or are waiting for your test results, or have been asked to quarantine because you were exposed to COVID-19.
- Wash your hands with soap and water often. Use an alcohol-based hand sanitizer if you do not have access to soap and water.



Should I be working from home?

Employers should allow employees to work from home as much as possible. It is important to let employees work from home if they are higher-risk individuals or take leave if they are sick or asked to isolate or quarantine.

High school sports and extracurricular activities

Are high school sports and extracurricular activities allowed?

Yes. High school sports and extracurricular activities are allowed. By November 30, 2020, high schools must verify that each participant:

- Has been tested for COVID-19 within the 14 days prior to the athletic or extracurricular activity. The test must be an approved test for COVID-19 by the United States Food and Drug Administration (must be a PCR or antigen test, not an antibody test).
- Who tested positive for COVID-19 have completed their isolation period required in the [COVID-19 School Manual](#).
- Who were exposed to COVID-19 have completed their quarantine period required in the [COVID-19 School Manual](#).
- Do not have any symptoms of COVID-19.

Who must be tested in order to participate in a high school athletic event or extracurricular activity?

Participants include students, coaches, trainers, officials, directors, etc. who are actively participating or instructing student athletes/performers in the athletic event or extracurricular activity.

What does an extracurricular activity mean?

An extracurricular activity means an activity, course, or program that is:

- Not directly related to delivering instruction
- Provided, sponsored, or supported by a school or public or private institution of higher education

Examples of extracurricular activities may include sports teams, drill team, band, concert choir, drama, debate team, etc.

What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, cough, shortness of breath, decrease in sense of smell or taste, sore throat, and muscle aches or pains. Children and teens may have mild symptoms. According to the [CDC](#), children and teens may have any of these symptoms:

- Fever or chills
- Cough
- Nasal congestion or runny nose
- New loss of taste or smell
- Sore throat
- Shortness of breath or difficulty breathing
- Diarrhea
- Nausea or vomiting
- Stomachache



- Tiredness
- Headache
- Muscle or body aches

What are the isolation requirements in the [COVID-19 School Manual](#)?

Anyone who tests positive for COVID-19 should isolate until he or she has been:

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

What are the quarantine requirements in the [COVID-19 School Manual](#)?

A student, teacher, or staff member who was exposed at school to someone who tested positive for COVID-19 may return to work at school or in-person learning if he or she meets ALL of the following:

1. The school verifies the student, teacher, or staff member who was exposed and the person who tested positive were both wearing a face mask as defined by the State Public Health Order on masks in schools.
2. The quarantined student, teacher, or staff member has a negative COVID-19 test result (must be a PCR or antigen test, not an antibody test). The test result must be from at least 7 days after the last exposure to the person who tested positive.
3. The student, teacher, or staff member does not have symptoms of COVID-19.

If the student, teacher, or staff member who was exposed meets ALL three criteria, he or she may return to work, school, or related activities, if the employee or the parents of the student choose. If the person does not meet ALL three criteria or chooses not to get tested, he or she should quarantine at home for 14 days from the last day of exposure. **These guidelines only apply to exposures that occur at K-12 schools.**

Other athletic and extracurricular activities (club sports, dance studios, gymnastics teams, martial arts studios, theatrical programs, etc.)

Can youth continue to play sports, through their clubs or recreation leagues with these requirements?

Yes. Immediately before participating in any athletic or extracurricular activity, each participant must confirm:

- He or she has completed any quarantine or isolation period as specified by public health.
- He or she is not experiencing any symptoms of COVID-19

Youth sports organizations overseeing any athletic event or extracurricular activity are acting as event hosts. Event hosts must:

- Require each spectator to wear a face mask, including in entrances and exits of the location.
- Post signage at the social gathering that lists COVID-19 symptoms, asks individuals experiencing COVID-19 symptoms to stay home, and provides notice of face mask and physical distancing requirements.



- Complete and implement the requirements of the [Event Management Template](#).
- Athletic events and extracurricular activities governed by the Utah High School Activities Association (UHSAA) must also follow any guidelines and protocols established by UHSAA.

Spectators at these events must wear a face mask no matter what level the county is in. While players and participants are not required in [State Public Health Order 2020-25](#) to wear a face mask while exercising outdoors or while exercising indoors and maintaining at least 6 feet of physical distance from any other individual, it is strongly recommended that masks be worn at all times.

For athletic and extracurricular events in counties designated as **high or moderate** transmission level, an event host must also:

- Require at least 6 feet of physical distance between spectators from separate households who attend the event at all times, unless the event host receives a waiver according to [State Public Health Order 2020-25](#).

Do these requirements apply to intercollegiate athletic events?

No. Intercollegiate athletic events are still allowed, as testing protocols have already been adopted for college sports.

K-12 schools

Can I go to school?

Yes. K-12 schools will remain open for in-person learning.

Schools should refer to the [COVID-19 School Manual](#) and Utah State Board of Education's [School Reopening Planning Handbook](#) for guidance on how to best protect students, teachers, and employees.

The [State Public Health Order](#) requiring masks in K-12 schools is still in effect for all counties.

Why aren't schools closing to in-person learning?

Schools play an essential role in the infrastructure and well-being of our state and our communities. Schools may remain open to in person learning in all transmission levels.

Local school boards and school districts should work with their local health officer to determine when to move to a remote or hybrid learning model, depending on case counts and outbreak thresholds at the school or school district level.

How does this apply to homeschool groups?

Social gatherings do not include a gathering for a primarily educational or religious purpose.



Testing at colleges and universities

What restrictions are there for college and university students?

Students aged 18 or older who are enrolled in a public or private institution of higher education (university or college) including a degree-granting institution or technical college, and who live in on-campus housing or attend at least one in-person class must:

- Get a COVID-19 test every 14 days. The test must be an approved test for COVID-19 by the United States Food and Drug Administration (must be a PCR or antigen test, not an antibody test).
- Students who test positive should follow the isolation requirements they receive from their school or the public health department.

Higher education will notify students how to receive a test and what documentation is required.

Testing is encouraged to begin as soon as possible, but *must* be implemented by January 1, 2021.

Does the testing requirement apply to all colleges and universities in Utah?

No. The testing requirements only apply to public degree-granting institutions of higher education identified in [Utah Code § 53B-1-102\(1\)\(a\)](#) and which have more than 10,000 enrolled students residing in Utah.

Church and religious services

Can I go to church?

Yes.

Where do religious services fit into these requirements?

Faith-based organizations are encouraged to take steps to help limit the spread of COVID-19, such as:

- Allow for physical distancing (at least 6') as much as possible.
- Face masks should be worn.
- Encourage participants to stay home when they are sick, have symptoms of COVID-19, have tested positive for COVID-19 or are awaiting test results, or have been asked to quarantine because they were exposed to COVID-19.
- And finally, encourage good hygiene through frequent hand washing.

What about church youth groups or scouts?

Formal religious services are exempt from [State Public Health Order 2020-25](#).

For gatherings that are not formal religious services, it is strongly encouraged to limit social gatherings to 10 or fewer people in areas designated as high or moderate transmission level.

You must also wear a face mask while in an indoor public setting and physical distance from other people who do not live with you. You must wear a face mask while outdoors anytime you are closer than 6 feet to other people who do not live with you.

Do religious organizations have to fill out the event management template?

No.



Gyms and fitness centers

Can gyms, fitness centers, and city or county recreation facilities still be open to the public for exercising and recreation (this would include activities like group fitness aerobics classes, cardio equipment, weight room, etc)?

Yes, fitness centers, gyms, and recreation centers are still open for the public and members. Group fitness classes are still allowed.

What requirements do gyms and fitness centers have to follow?

Gyms and fitness centers are a business and must:

- Require employees and contractors to wear a face covering while at work.
- Post signs at each entrance that lists COVID-19 symptoms, asks individuals experiencing COVID-19 symptoms to stay home, and provides notice of face mask and physical distancing requirements.

Gyms and fitness centers in counties designated as **high** transmission level must also:

- Require at least 6 feet of physical distance between individuals who do not live with each other.

Patrons must wear a face mask to enter or exit the building. You are not required to wear a face mask while exercising indoors as long as you can stay at least 6 feet away from other people. However, we strongly encourage individuals to wear a mask at all times if possible while at gyms or fitness centers.

What if a gym and fitness center hosts a youth sports league?

If a gym or fitness center hosts an event or public gathering (for example, a youth sports league) they are acting as event hosts. Event hosts must:

- Require each spectator to wear a face mask, including in entrances and exits of the location.
- Post signage at the social gathering that lists COVID-19 symptoms, asks individuals experiencing COVID-19 symptoms to stay home, and provides notice of face mask and physical distancing requirements.
- Complete and implement the requirements of the [Event Management Template](#).

Spectators at these events must wear a face mask no matter what level the county is in. While players and participants are not required in the order to wear a face mask while exercising outdoors or while exercising indoors and maintaining at least 6 feet of physical distance from any other individual, it is strongly recommended that masks be worn at all times.

For athletic and extracurricular events in counties designated as **high or moderate** transmission level, an event host must also:

- Require at least 6 feet of physical distance between spectators from separate households who attend the event at all times, unless the event host receives a waiver according to [State Public Health Order 2020-25](#).



Quarantine and isolation

Quarantine is for people who may have been exposed to COVID-19, but aren't sick yet. Isolation is for people who are sick or who have symptoms of COVID-19.

How long do I need to isolate if I test positive for COVID-19?

If you have symptoms of COVID-19 or tested positive, you should isolate. This means you stay at home except to get medical care. You should isolate until you have been:

- Fever-free for 24 hours (this means you did not use medicine to lower your fever), and
- Your respiratory symptoms have improved for 24 hours, and
- It has been at least 10 days since you first got sick.
- If you did not have symptoms, isolate for 10 days from the day you were tested.

If you are sick or have tested positive for COVID-19, try to stay in a different room in your home from other people. You should also try to use a different bathroom than other people. If you can't stay in a different room or use a different bathroom, stay as far away from other people in your home as possible. Wear a surgical mask if you need to be around other people. Try not to use the same personal items as other people. Clean surfaces that are touched often (phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal).

You are infectious and can spread the virus to others starting up to 2 days before you first had symptoms until your isolation period is over. If you never had symptoms, you are infectious starting 2 days before the day you were tested for COVID-19. Anyone who came into close contact with you during this time should quarantine. Everyone who lives in your home should quarantine for 14 days from the last date of their exposure if someone in your home tests positive for COVID-19.

How long do I need to quarantine if I am exposed to COVID-19?

You should quarantine for 14 days if you were exposed to COVID-19. This means you were in close contact with someone who has COVID-19 while that person was infectious. Close contact means:

- You were closer than 6 feet from someone who has the virus for a cumulative total of 15 minutes or longer in a 24 hour period.
- 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.

Quarantine keeps you away from others so you don't infect someone else without knowing it. Symptoms of COVID-19 may appear 2-14 days after exposure. This is why you should quarantine for 14 days from the last date of exposure, because it can take 14 days for you to get sick. During quarantine, you should stay in your home and not go around other people as much as you can. You should not go to work, school, extracurricular activities, religious services, family gatherings, or other activities. If you must leave your home for essential items like groceries or to seek medical care, you need to take extra safety precautions.



Wait 7 days after you were exposed to get tested for COVID-19. If you get sick or have symptoms of COVID-19 while on quarantine, you should isolate and call a healthcare provider and get tested right away.

*Note individuals who are exposed at a K-12 school may follow the quarantine guidelines in the [COVID-19 School Manual](#).

