If you are exposed to COVID-19

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

During quarantine, you should stay home and away from other people as much as possible. You should not go to work, school, extracurricular activities, religious services, family gatherings, or other activities.

You may end quarantine:

10 days after your exposure if you don't get tested. If you don't have symptoms of COVID-19, you can end quarantine 10 days after the last time you had close contact with the person who tested positive.

7 days after your exposure if you have a negative test result. You can get tested on day 7 of your quarantine. You can end quarantine if your test is negative and you don't have any symptoms of COVID-19. You must wait at least 7 days after your exposure to be tested. This lets enough of the virus build up in your body to be detected by the tests. The test can be a PCR or rapid antigen test. You must continue to quarantine until you get your test results back.

These recommendations DO NOT apply to people who are fully vaccinated or who live with someone who has COVID-19.

- If you are fully vaccinated, you don't need to quarantine after being exposed to someone with COVID-19. Find a vaccine provider near you at *coronavirus.utah.gov/vaccine*.

- You must quarantine for 10 days if you live with someone who has tested positive for COVID-19, even if you do not have symptoms or test negative.

Watch for symptoms until it has been 14 days after your exposure. Isolate and get tested for COVID-19 right away if you get sick or have symptoms of COVID-19 while on quarantine.

Symptoms of COVID-19

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

Cough

Shortness of breath

Decrease in sense of smell or taste

Sore throat

Muscle aches and pains

Other common symptoms of COVID-19 can be found at *www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html*.

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Coronavirus.Utah.gov