



*Working for Healthy Communities*

These [Isolation Instructions](#) will help you understand what you need to do now that you have tested positive for COVID-19. **Generally the isolation period is 5 days from symptom onset or 5 days from test date with no symptoms, and after at least 24 hours symptom free before you can be released. Once released from isolation you should wear a mask for the following 5 days when around others.** Loss of smell and taste can last longer and are not a reason to stay in isolation.

A close contact is a person that has been around you with less than 6ft between you and for longer than 15 minutes total in a 24 hour period. You should notify all of your close contacts that you have had contact with from the 48 hours prior to the start of your symptoms or test date if you had no symptoms, and until you were diagnosed with Covid-19, that they will need to be quarantined. Day one of their quarantine starts the first day after their last exposure to you.

### **Quarantine**

Take precautions 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. You may also consider staying home for a period of time. This is called quarantine. Quarantine keeps you away from others so you don't infect someone else without knowing it.

### **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.

### **Immunizations help keep you, your family, and your community healthy and safe.**

COVID-19 vaccines are available for people ages 6 months and older. All COVID-19 vaccines approved or authorized by the FDA and CDC are safe and effective. They help keep you from getting severely ill, needing to be hospitalized, and dying from COVID-19. You should get a COVID-19 booster dose if you are eligible for one. Booster doses give you even greater protection from the Omicron variant. Breakthrough infections can happen, but people who are vaccinated are less likely than unvaccinated people to get COVID-19, or to be hospitalized or die from COVID-19.

You can get vaccinated as soon as you are no longer in isolation after testing positive for COVID-19 and you don't have any symptoms. You can also get other vaccines at the same time as the COVID-19 vaccine.

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 monitor for symptoms for 14 days from the last date of exposure, because it can take 14 days for you to get sick. <https://coronavirus.utah.gov/protect-yourself/>. If you cannot quarantine, you should wear a mask for 10 days following your last day of exposure.

### Hygiene practices

- Good hygiene practices are some of the best ways to fight any illness. This includes COVID-19.
- 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.
- Use products in EPA List N to clean and disinfect surfaces every day that are touched often.

### Additional Resources

- Protect Yourself, coronavirus: <https://coronavirus.utah.gov/protect-yourself/>
- UDOH Coronavirus Webpage: <https://coronavirus.utah.gov/>
- Central Utah Public Health Webpage: <https://www.centralutahpublichealth.org>
- CDC Webpage on COVID-19: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Utah's Guidance for Business: [COVID-19 Business Manual](#)
- Frequently asked questions: <https://coronavirus.utah.gov/faq/>
- Mono-clonal antibodies <https://coronavirus.utah.gov/noveltherapeutics/>
- Information on quarantine and isolation:  
<https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>
- Testing information: <https://coronavirus.utah.gov/testing-locations/>

If you have someone who you believe is eligible for monoclonal antibodies, please have them call **385-273-7878**. The supply is very limited and cases must be evaluated individually.

<https://centralutahpublichealth.org/contact-us/>

Are you experiencing a hardship due to you or a loved one testing positive for COVID-19?

We may be able to help. Visit

[docs.google.com/forms/d/e/1FAIpQLScRVdIVM6sorOleZV7k7oGjhoddbhi8g\\_OG060gPwNJjjiisHiw/viewform?vc=0&c=0&w=1&flr=0&fbclid=IwAR1vhnFCaASvNkZZ\\_IVHhmoCm7sACyqdviYwfQAYHdqSkuTTijdDfyvpZeM](https://docs.google.com/forms/d/e/1FAIpQLScRVdIVM6sorOleZV7k7oGjhoddbhi8g_OG060gPwNJjjiisHiw/viewform?vc=0&c=0&w=1&flr=0&fbclid=IwAR1vhnFCaASvNkZZ_IVHhmoCm7sACyqdviYwfQAYHdqSkuTTijdDfyvpZeM) for access to help.