COVID School Exposures

Guidelines for Quarantine

Quarantine Timeline

If you've been exposed to COVID, you should quarantine at home for 10 days since the exposure

- You may leave quarantine early if your exposure was outside your home, you have NO symptoms, and you test negative on or after day 7.
- If someone in your household has COVID, a negative test result does not allow you to leave quarantine early—you must complete your full 10-day quarantine in case you develop symptoms later in that time.

Stay home. Quarantine at home means that you do not leave home for any reason except essential medical care.

Do not go to:

work
school
shopping
public places
other peoples' homes

Do not have visitors to your home

You can return to school early, if you choose, if ALL of the following apply:

1. You were exposed **at school only** and have no other exposures.
2. You do not have symptoms of COVID-19.
3. You have a negative COVID-19 test result from a test taken at least 7 days after the exposure. It must be a PCR or antigen test, not an antibody test.

SALT LAKE COUNTY
HEALTH DEPARTMENT

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COVID Isolation, Quarantine, and Return to Work/School Guidelines for School Districts

January 6, 2021

Dear parent or staff member:

Based on guidance from the U.S. Centers for Disease Control and Prevention (CDC) and the Salt Lake County Health Department (SLCoHD), you or your child have been excluded from school and/or school-related activities because you or they exhibited one or more symptoms of COVID. Please see the below recommendations and requirements for returning to school.

1. If a student or employee is symptomatic with any of the symptoms listed below, they should not come to school and should seek COVID testing at a location listed at coronavirus.utah.gov:
   - **One or more of these symptoms:**
     - cough
     - shortness of breath
     - difficulty breathing
     - fever of 100.4° F or higher
     - chills
     - new loss of taste or smell
   - **Two or more of these symptoms:**
     - headache
     - muscle pain
     - sore throat
     - congestion or runny nose
     - nausea or vomiting
     - diarrhea

2. If a student or employee is symptomatic (as defined in #1) and tests for COVID*, they should remain at home until test results are back.
   - If test result is **negative,** the individual may return to school when symptoms are improving and they are fever-free without the aid of medication for at least 24 hours
   - If test result is **positive,** the individual must remain isolated until symptoms are improving and one of the following, whichever is longer:
     - 10 days have passed since symptoms began
     - 24 hours have passed since resolution of fever without the aid of medication

   **If the student or employee chooses to not be tested, they should stay home and the school will use the return-to-work/return-to-school guidance intended for a positive test result (second bullet above).*

3. If a student or employee is exposed but not symptomatic, they should quarantine for 10 days from the date of exposure and watch for symptoms. The individual may leave quarantine early **if the exposure was outside their home** and they test negative on day 7 or after. If it was a household exposure, a negative test result does not allow them to leave quarantine early—they must complete the full 10-day quarantine in case they develop symptoms later in that time.

Thank you,
Salt Lake County Health Department