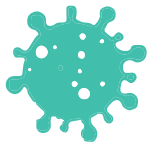


COVID-19 Business Manual Summary



CORONAVIRUS
UTAH.GOV



What happens if an employee tests positive for COVID-19?



Employees should isolate right away if they test positive for COVID-19. This means to stay at home except to get medical care. The employee should not come to work.

If you've tested positive, you should isolate until you have been:

- Fever-free for 24 hours, 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, you should isolate for 10 days from the day you were tested.

What happens if an employee is exposed to someone with COVID-19?

You are at an increased risk of getting infected and infecting others if you have been in close contact with someone who tests positive for COVID-19.

Close contact¹ means a person was closer than 6 feet or 2 meters (about 2 arm lengths) from someone who tested positive for COVID-19 for a total of 15 minutes or longer within a 24-hour period². You may also have a close contact exposure if:

- 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.



If you have not been fully vaccinated and were in close contact with someone who has COVID-19 up to 2 days before he or she had symptoms, you were exposed to the virus and should quarantine. Even if the person who has COVID-19 did not have any symptoms, he or she is infectious up to 2 days before they were tested.

¹ <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

² <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

How long do employees have to quarantine?

These guidelines do not apply to employees who are living with someone who is positive for COVID-19.



You may end quarantine:

- **On day 10 without testing.** 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.
- **On day 7 with 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 do not have any symptoms of COVID-19. You must wait at least 7 days after your exposure to be tested. 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, living with someone who has COVID-19, or living in a congregate care setting (like a long term care facility, correctional facility, or group home).

If you end quarantine early using one of these alternatives, you should watch for symptoms until it has been 14 days after your exposure. If you end quarantine sooner than 14 days, it is important to keep checking for symptoms. There is a small chance you can still get COVID-19. If you get symptoms, isolate at home and call a healthcare provider. You may need to get tested again.

If an employee lives with someone who tests positive for COVID-19, how long does he or she have to quarantine?

If someone you live with tests positive for COVID-19, it is called a household contact. **Household contacts are at a much higher risk of getting infected with the virus.**

Employees who are a household contact should quarantine for 10 days from the last day of exposure to the person who tested positive. **You must finish the entire 10-day quarantine, even if you do not have symptoms or test negative.** You may not end quarantine before 10 days.



It can be very hard to stay isolated from people who have COVID-19 and live in your home. If you live with a person who tests positive for COVID-19, you may keep having exposures and may need to quarantine longer than 10 days. Every time you come into close contact with the person who tested positive while they are infectious, your quarantine starts over because you were exposed to the virus again.

What happens if employees are exposed to COVID-19 after testing positive?³

If you are exposed to COVID-19 again (a new exposure) **within 90 days** of testing positive for COVID-19 and do not have symptoms of COVID-19, you don't need to quarantine or be tested again during this 90-day timeframe.

You should follow these guidelines for 14 days from the date of your last exposure:

- Take your temperature before work.
- Check for symptoms of COVID-19 every day.
- Wear a face mask when you're around people you don't live with.
- If you get sick or have symptoms of COVID-19, isolate for at least 10 days after your symptoms start and call a doctor or healthcare provider to find out if you should get tested for COVID-19 again. Even if you test negative for COVID-19, you need to take extra safety precautions for 14 days after your exposure.

If you are exposed to COVID-19 again (a new exposure) and it has been **more than 90 days** since you tested positive for COVID-19, you should quarantine and get tested again. If you get sick or have symptoms while on quarantine, isolate and call a doctor or healthcare provider.

You don't have to quarantine if you are fully immune. This means it has been at least 2 weeks since your final dose of the COVID-19 vaccine. However, if you get symptoms of COVID-19 after you were exposed (which would be rare), you should isolate and talk to a doctor or healthcare provider. You may need to get tested for COVID-19.

Do these guidelines change if someone is vaccinated or had COVID-19 already?

A person is fully immune if it has been 2 weeks since their final dose of the COVID-19 vaccine. Employees who are fully immune don't have to:

- Quarantine after being exposed to someone with COVID-19. However, if you get symptoms of COVID-19 after you were exposed (which would be rare), you should isolate and talk to a doctor or healthcare provider. You may need to get tested for COVID-19.

Employees who tested positive for COVID-19:

- Don't have to quarantine if they are exposed to COVID-19 and it has been **less than 90 days** since they tested positive.
- If it has been **longer than 90 days** since they tested positive, they are required to quarantine.



³ <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/contact-tracing.html>

Safety precautions for people who have been exposed to someone with COVID-19

- Check for symptoms of COVID-19 every day, including taking your temperature if possible. If you do not have a thermometer, check your skin to see if it feels warm or looks red. A helpful booklet called, "What to do if you are on quarantine or self-isolation," can be downloaded at <https://coronavirus.utah.gov/protect-yourself/>.
- Stay home and away from other people as much as possible. Do not go to school, work, extracurricular activities, religious services, family gatherings, or other activities until your quarantine is over.
- Wear a cloth face covering or mask if you need to leave your home for essential errands like getting groceries or to get medical care. Only leave your home if you have to.
- Limit the number of visitors to your home. This is especially important if you or someone you live with is at higher risk for severe illness from COVID-19.
- Clean surfaces that are touched often (phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal).
- Wash hands with soap and water often. If soap and water are not available, use an alcohol-based hand sanitizer that is at least 60% alcohol.
- Open the windows as much as you can to improve the ventilation and increase air exchanges in rooms.
- Do not share food or utensils with other people.
- Do not share personal items like a toothbrush with other people.

