

You Were Exposed to COVID-19. Now What?



How is COVID-19 spread?

The virus that causes COVID-19 most commonly spreads between people who are in close contact with one another (within about 6 feet, or 2 arm lengths). It spreads through respiratory droplets or small particles, such as those in aerosols, produced when an infected person coughs, sneezes, sings, talks, or breathes.

These particles can be inhaled into the nose, mouth, airways, and lungs and cause infection. This is thought to be the main way the virus spreads.

Droplets can also land on surfaces and objects and be transferred by touch. A person may get COVID-19 by touching the surface or object that has the virus on it and then touching their own mouth, nose, or eyes. Spread from touching surfaces is not thought to be the main way the virus spreads.

There is some evidence that droplets and airborne particles can remain suspended in the air and be breathed in by others, and travel distances beyond 6 feet (for example, during choir practice, in restaurants, or in fitness classes). In general, indoor environments without good ventilation increase this risk.

How was I exposed to COVID-19?

You may have been exposed to COVID-19 through:

- Co-workers
- Family or friends
- A public place (store, social gathering, sporting event, etc.)
- A surface, such as a door knob, or countertop, that has the virus on it

When can a person spread COVID-19?

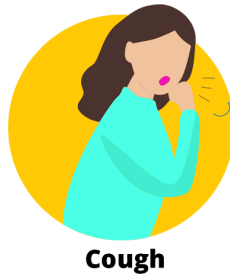
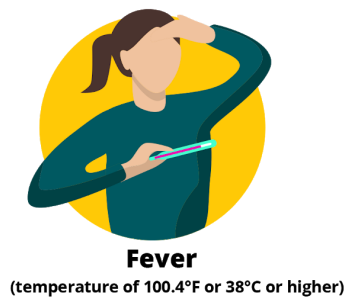
- A person can spread COVID-19 up to 48 hours before showing any symptoms, or being sick
- You may have been exposed to COVID-19 from someone even if he/she was not sick
- The only way to know, for sure, if a person has COVID-19 is by getting a COVID-19 test

You may have been exposed to the virus if you came in close contact with someone who has COVID-19. This means you could be at risk of getting it, too. Being closer than 6 feet to a person for 15 minutes or longer in a 24-hour period counts as close contact.



What are the symptoms of COVID-19?

Some common symptoms of COVID-19 include:



Get tested right away if you have any of the above symptoms. Other common COVID-19 symptoms include: congestion or runny nose, nausea or vomiting, diarrhea, fatigue, and headache. Symptoms can range from mild to more severe, and in some cases, may require medical care.

Why do I need to be quarantined?

You are required to be quarantined because your exposure puts you and others at increased risk for getting COVID-19. The Centers for Disease Control and Prevention (CDC) has recommended that all individuals with close contact exposure stay home for 14 days and stay at least 6 feet away from others. Always wear a mask when around others. Even if you do not have symptoms, you can still spread the virus.

Quarantine is a strategy that separates and restricts the movement of those who may have been exposed to a contagious disease and helps to slow the spread of the virus. Those who are quarantined should stay home from work, school, religious gatherings, and other group settings (e.g., parties, movie theaters, shopping centers, restaurants, etc.).

What should I do while quarantined?

While you are quarantined, you should check your symptoms daily for up to **14 days** and report any changes to public health officials. This includes taking your temperature in the morning and evening (about 12 hours apart) every day and recording it on the Temperature and Symptom Monitoring Form on the following pages. You should also watch for other symptoms, such as cough and shortness of breath.

Before you take your temperature:

Wait 30 minutes after eating, drinking, exercising, or taking a shower or bath.



Wait at least 6 hours after taking medicines that can lower your temperature, like:

- Acetaminophen (Tylenol)
- Ibuprofen (Advil, Motrin)
- Aspirin

Utah Novel Coronavirus Temperature and Symptom Monitoring Form

Name:	Age (yrs):	Sex: M F
Street address:	City/state:	
Telephone number:	Case ID:	
Where did travel and/or contact with an ill person occur:		
Date of last exposure (travel and/or contact to an ill person):		
Date monitoring is completed:		

Instructions: Take your temperature orally (by mouth) twice daily, once in the morning and once in the evening, and record it on this form. If you do not have a thermometer, document whether or not you felt feverish (e.g., chills, intermittent sweats, flushing or hot skin). Mark yes (Y) or no (N) whether or not you are experiencing symptoms. Do not leave any spaces blank. If you have a fever or any symptoms listed, call your healthcare provider, Davis County Health Department at 801-525-5200, or the Utah Department of Health at 1-888-EPI-UTAH (374-8824).

Day # (from last exposure)	1		2		3		4		5		6		7	
Date														
AM or PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Temperature														
Felt feverish	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Cough	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Shortness of breath	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N

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Day # (from last exposure)	8		9		10		11		12		13		14	
Date														
AM or PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Temperature														
Felt feverish	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Cough	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Shortness of breath	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N

What if I forget to take my temperature?

If you forget to take your temperature, take it as soon as you remember and record it on the form.

Why is it important to self-monitor for symptoms?

Self-monitoring, or watching for any changes, can help you and public health officials to identify if medical care and/or testing is needed. Monitoring yourself for symptoms can also help public health officials know if others that you have been in contact with or live with are at risk of getting COVID-19, too. Contact the Davis County Health Department at 801-525-5200 if you would like more information.

For more information on COVID-19, visit:

daviscountyutah.gov/coronavirus

coronavirusutah.gov

cdc.gov/COVID19

Other quarantine resources from Utah Coronavirus:

What is quarantine? (pdf)

https://coronavirus-download.utah.gov/Health/10746_Self-Isolation_Public_Flyer_V6.pdf

What is quarantine? (video)

https://www.youtube.com/watch?v=2C0kR8rgVWU&feature=emb_title

What do do if you are on quarantine or self-isolation for COVID-19 (pdf)

https://coronavirus-download.utah.gov/Health/Care_Booklet_English.pdf

Frequently Asked Questions

How soon do I need to get tested after I have been exposed?

It all depends if you currently have symptoms:

>>Yes, I currently have symptoms. You have one or more of the following symptoms: fever, cough, shortness of breath, muscle aches and pains, decreased sense of smell or taste, or sore throat. Get tested as soon as possible. Find a testing location near you at and **be sure to call ahead:** coronavirus.utah.gov/utah-covid-19-testing-locations/

>> No, I do not have symptoms, but I know I have been exposed to someone who is a confirmed COVID-19 case. Do not get tested yet. Wait 5-7 days from the date of your last known exposure with the person who tested positive. If you get tested before this window, the virus may not be detectable yet. Continue to quarantine in the meantime and self-monitor for symptoms. If you develop symptoms sooner than the 5-7 day window, get tested.

What if I develop any of the COVID-19 symptoms?

If you develop any of the symptoms of COVID-19, you should get tested right away. You can find a testing location at coronavirus.utah.gov/testing-locations or contact your healthcare provider. Additionally, call the Davis County Health Department: 801-525-5200 immediately. If you are unable to get in touch with us, call the Utah Department of Health immediately: 1-888-374-8824. **Most COVID-19 test sites require an appointment. Schedule a time online using the test site's webpage or test site phone number.**

What if I don't feel sick or have any symptoms?

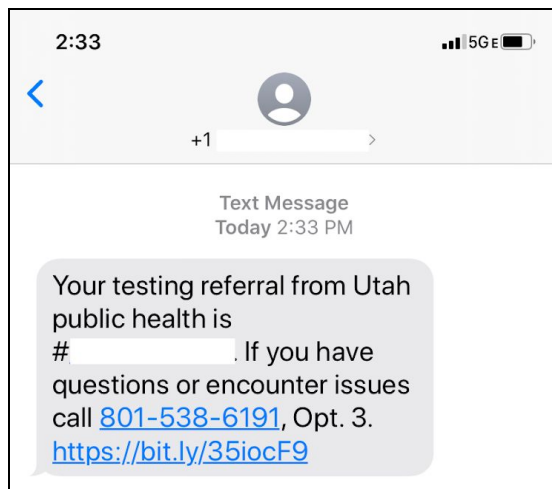
Even if you do not experience any symptoms, you should practice strict social distancing by staying home and staying at least six feet away from other people in your household when possible. Avoid having visitors. If you are unable to have groceries or food delivered to your home and do not have symptoms, go during off hours to avoid larger crowds and always wear a mask.

Please quarantine for the full 14 day quarantine period. It is important to do this because symptoms could develop at any time during your 14-day quarantine.

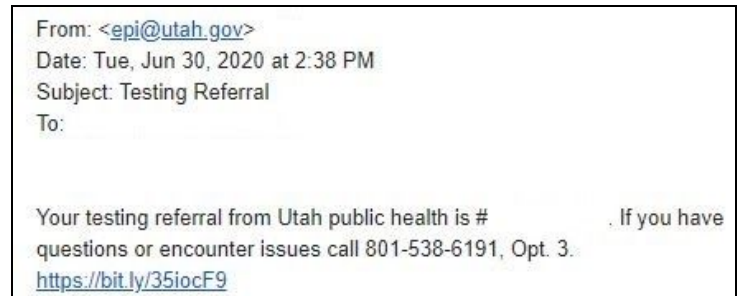
I received a referral code from the health department. What do I do with it?

If requested, a referral code is sent to you via text or email. The link in the message will help you find a testing location near you. Present this code when you go to get tested for COVID-19.

Example text:



Example e-mail:



Why do I need a referral code?

A referral code is like a ticket to getting tested for COVID-19. Because the health department already confirmed you have been a close contact to a positive COVID-19 case, you should not need any other documentation other than the referral code to get tested. The code should also allow you to get tested even if you do not have symptoms within 5-7 days after being exposed. Therefore, have the referral code handy when going to your testing appointment. **Most COVID-19 test sites require an appointment. Schedule a time online using the test site's webpage or test site phone number.**

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What if I get a negative test result?

If you get a negative test result, you must continue to quarantine for the full 14 day quarantine period. It is important to do this because symptoms could develop at any time during your 14-day quarantine.

What if I need immediate medical attention?

If you are ill and need medical attention immediately, call your healthcare provider and let them know that you have been a close contact to someone who is a confirmed COVID-19 case. They will give you further instructions for how to receive care. Do not go to your healthcare provider without calling first. If you develop life-threatening symptoms, call 911 and let them know that you have been exposed to COVID-19.

What factors increase the risk of exposure?

These are things we know increase the risk of exposure to COVID-19:

Proximity. This means how close someone was to the person who has COVID-19. The closer you are, the more chance there is for exposure.

Duration of exposure. This means how long you were around the person who has COVID-19. The more time you spend with a person who is infectious, the more chance there is for exposure, even including multiple brief encounters.

Symptoms. People are most infectious and can spread the virus to others more easily around the time their symptoms begin.

Respiratory aerosols. If the person who has COVID-19 is coughing, singing, shouting, or doing other things that make it easier for respiratory droplets to spread, the chance of exposure increases.

Environmental factors. Things like crowded spaces, poor ventilation, and if the exposure occurred indoors can increase the chance of exposure.

What is contact tracing?

Contact tracing is an important part of how public health responds and stops disease outbreaks. People who have been in close contact with someone who has COVID-19 are more at risk of getting infected and making others sick. Contact tracing is how public health workers find the close contacts of someone who has COVID-19.

How does contact tracing work?

Public health workers talk to people who have COVID-19 to find out who their close contacts are. The health department calls the close contacts and actively monitors them for symptoms, or checks to see if they get sick. They may also ask them to quarantine or self-isolate. The health department gives them important information about what they need to do next. They tell close contacts where to get tested or get medical care. They also tell them what to do to keep other people from getting sick.



Active monitoring

Active-monitoring is when someone from your local health department calls or texts you one time a day to check on you and ask you how you are feeling.

Contact tracing process



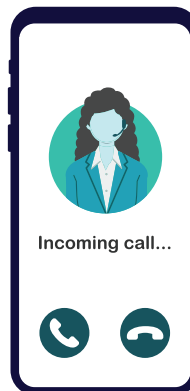
- 1 Jane and Dan were at the same birthday party.



- 2 A few days later, Dan gets symptoms of COVID-19. He gets tested. Dan tests positive for COVID-19.



- 3 The health department works with Dan to find out the places he has been and who he has spent time with.

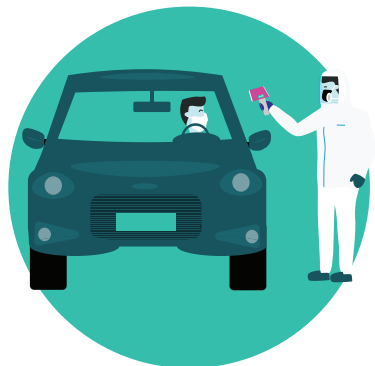


- 4 The health department calls Jane to tell her she may have been exposed to COVID-19. They tell her what she needs to do next.

What is contact tracing?

What to do if you were exposed to COVID-19

If the health department calls to tell you that you have been exposed to COVID-19, you need to quarantine. The health department may also ask you to get tested for COVID-19 even if you don't feel sick.



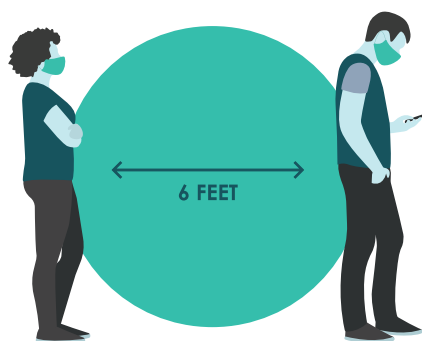
Get tested for COVID-19.



Leave your house only if you have to or to get medical care.



Limit the number of visitors to your home.



Try to stay at least 6 feet away from other people.



Clean surfaces that are touched often.



Wear a mask or face covering if you go out of your home or need to be around other people.

COVID-19 antibody tests

Serology or antibody tests may be able to tell if you have been infected with the virus that causes COVID-19.

Your body makes antibodies when it fights an infection. Antibodies in your blood mean at one time you were exposed to COVID-19. Antibody tests find these antibodies in your blood and tell you if your immune system has responded to the infection.



Antibody tests may show if you have been previously infected.

A blood sample is used to find:



Develop early in an infection.



Develop later or after you've recovered.



An antibody test is different from the test in which a healthcare worker uses a nasal swab to collect a sample from your throat, behind your nose. This test is called a PCR test. A PCR test tells you if you are sick with COVID-19 right now.

Where can I get an antibody test?

Right now, you will need to ask your healthcare provider to order an antibody test. There may be a cost to you and your health insurance for this test. Ask your health insurance provider what the cost will be.

What does a positive antibody test result mean?	What does a negative antibody test result mean?
<ol style="list-style-type: none">1. If an antibody test is positive and shows antibodies are in your blood, you were likely infected with COVID-19.2. This does not guarantee you have immunity to the virus.3. It is important to still practice social distancing.	<ol style="list-style-type: none">1. If an antibody test is negative and shows no antibodies in your blood, you were likely not infected with COVID-19.2. You may have been tested early in your infection, or your body has not made enough antibodies to be detected.3. It is important to still practice social distancing.

If you get sick with symptoms of COVID-19 (like a fever, cough, shortness of breath, muscle aches, sore throat, or a decrease in your sense of smell or taste), you may need to be tested for COVID-19 with a PCR test. A PCR test is done by a healthcare worker who uses a nasal swab. Call a healthcare provider or visit www.coronavirus.utah.gov/testing-locations/.

10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



cdc.gov/coronavirus