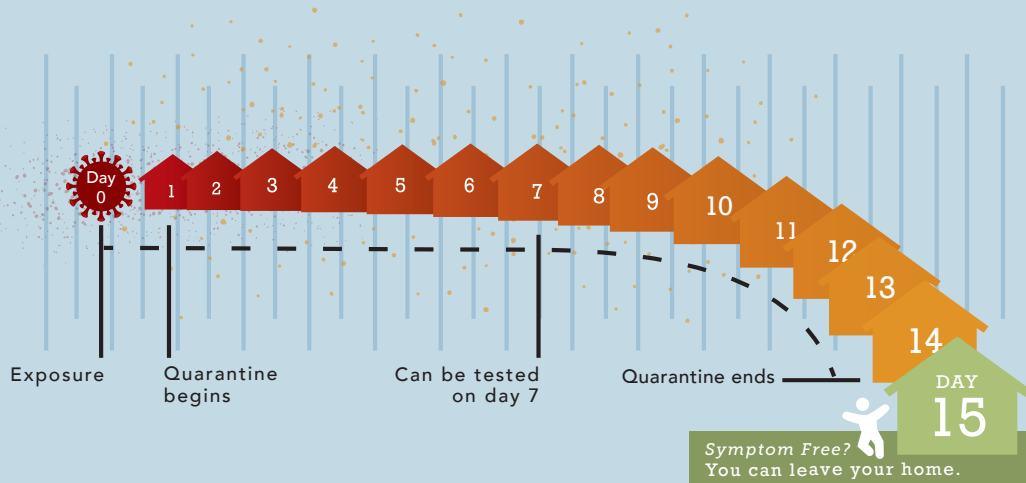COVID School Exposures
Guidelines for Quarantine
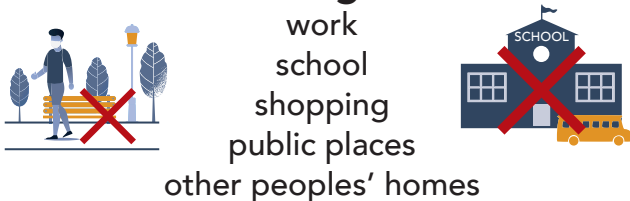
If you've been exposed to COVID, you should quarantine at home for 14 days since the exposure

Day 0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10 · 11 · 12 · 13 · 14

DAY 15

Exposure | Quarantine begins | Can be tested on day 7 | Quarantine ends

Symptom Free? You can leave your home.

Receiving a negative test result does not mean you can leave quarantine before 14 days—you may have been tested early in the incubation period and could still become symptomatic within the 14 days.

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 and the school verifies that you AND the person who exposed you were both wearing a face covering at all times.

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.

If you choose to return to school early, you are still quarantined for the full 14 days for ALL other purposes.

SALT LAKE COUNTY HEALTH DEPARTMENT