



COVID-19 SCHOOL EXPOSURES

Quarantine & Isolation Guidelines for Students and Staff



If a student or staff member tests positive for COVID:

You must isolate right away—even if you are vaccinated.

This means to stay home except to get medical care. You may not go to school, and you should not attend work, church, group gatherings, or extracurricular activities, either.

Your contact tracer will tell you when you can leave isolation, but usually it will be:

- When 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.

If a student or staff member has symptoms of COVID:

Get tested

You should stay home from school and other activities and be tested as soon as possible.

Free testing locations are available at coronavirus.utah.gov.



If you choose not to be tested, you should stay home until you no longer have symptoms, just like with any illness. As with any illness, a school may exclude a student or staff member who is exhibiting symptoms of an infectious disease.



If a student or staff member is exposed to COVID at school* and not vaccinated, you have 2 choices:



1. Quarantine at home for 10 days.

-OR-



2. Wear a mask at school for 10 days. (Indoors and out)

With either choice, you have the option to get tested on day 7 and, if you test negative on day 7 and do not have any symptoms of COVID-19, you can return to school or you are no longer required to wear a mask.

*** If you are exposed at home and not vaccinated**, you must quarantine—there is no option to wear a mask and attend school or test on day 7 and leave quarantine early. If you are exposed somewhere besides home or school, you must quarantine—there is no option to wear a mask and attend school. You may still test on day 7 and, if negative, leave quarantine early.

If you are exposed at school you can continue attending if the school determines ANY of the following apply:

- You are fully vaccinated for COVID-19 (2 weeks after your final dose), OR
- You and the person who exposed you were both wearing masks, OR
- You have tested positive for COVID in the last 90 days but no longer have symptoms.