Updated Utah Guidance on Isolation and Quarantine for the General Population and Students.

This guidance does not apply to healthcare workers, immunocompromised people, or people living or working in congregate settings (Ex: homeless shelters, correctional facilities)

Isolation: If you test positive for COVID-19

If you test positive for COVID-19 you are required to:

- **Stay at home for 5 days from the day you were tested, even if you don't have symptoms or feel sick.**
- **You can leave your house after 5 days if your symptoms have improved (fever-free for at least 24 hours and your symptoms have improved). You must stay home for at least 5 days.**
- **You need to wear a mask around others for the 5 days after the time you were isolating in your home.**
- We recommend you get a COVID-19 test before returning to your normal activities (work, school, etc.) to make sure you no longer are spreading the COVID-19 virus.
- Isolation is required for all people who test positive for COVID-19 regardless of whether they are vaccinated or unvaccinated.

Quarantine: If you have been exposed to someone with COVID-19

- **For people 18 years and older**
  - If you got a booster dose <u>OR</u> got a second dose of Pfizer or Moderna vaccine within the last 6 months <u>OR</u> got a J&J vaccine within the last 2 months:
    - **You don't need to quarantine at home. You can continue to go to work and participate in activities outside of your house.**
    - **You should wear a mask for 10 days after your exposure.**
    - We recommend you get tested 5 days after you are exposed to make sure you are not positive and possibly spreading the virus to others.
  - If you have **not** gotten a booster dose <u>OR</u> got a Pfizer or Moderna vaccine more than last 6 months ago <u>OR</u> got the J&J vaccine more than last 2 months ago <u>OR</u> if you are unvaccinated:
    - **You should stay at home for 5 days from the day you were exposed to COVID-19.**

- **You can leave your house after 5 days as long as you don't have any symptoms. You can return to work and participate in activities outside of your house wearing a mask**.
- **Wear a mask for 10 days after your exposure.**
  - If you can't quarantine at home, you should wear a mask in public and around other people for the 10 days after your exposure.
- We recommend you get tested 5 days after you are exposed to make sure you are not positive and possibly spreading the virus to others.

- **For people younger than 18 years:**
  - If you have gotten two doses of Pfizer or Moderna
    - **You don't need to quarantine at home. You can continue to go to school, work, and participate in activities outside of your house.**
    - **You should wear a mask for 10 days after your exposure.**
    - We recommend you get tested 5 days after you are exposed to make sure you are not positive and possibly spreading the virus to others.
  - If you have not gotten two doses of Pfizer or Moderna <u>OR</u> if you are unvaccinated
    - **You should stay at home for 5 days from the day you were exposed to COVID-19.**
    - **You can leave your house after 5 days as long as you don't have any symptoms. You can return to work and participate in activities outside of your house if you wear a mask**.
    - **Wear a mask for 10 days after your exposure.**
      - If you can't quarantine at home, you should wear a mask in public and around other people for the 10 days after your exposure.
      - Students may attend school if they wear a mask for 10 days after their exposure.
    - We recommend you get tested 5 days after you are exposed to make sure you are not positive and possibly spreading the virus to others.