

Coronavirus Disease (COVID-19) Guidelines for Isolation, Quarantine and Care

The virus causing COVID-19 is a new viral strain and the CDC is actively working to learn more about it. For the most up to date information, visit the CDC at:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

If you have symptoms and tested positive for or think you have COVID-19

You can be around others after:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

If you tested positive for COVID-19 but had no symptoms

If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19.

If you were severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication

People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared. Persons who are severely immunocompromised may require testing to determine when they can be around others. Talk to your healthcare provider for more information.

Data to date show that a person who has had and recovered from COVID-19 may have low levels of virus in their bodies for up to 3 months after diagnosis. This means that if the person who has recovered from COVID-19 is retested within 3 months of initial infection, they may continue to have a positive test result, even though they are not spreading COVID-19. For this reason, retesting is generally not recommended in someone who has tested positive.

When to seek emergency medical attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

Who needs to quarantine?

Anyone who has had **close contact** with someone with COVID-19.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Stay home and monitor your health

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19

However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does **NOT** need to stay home.

- Has COVID-19 illness within the previous 3 months **and**
- Has recovered **and**
- Remains without COVID-19 symptoms (for example, cough, shortness of breath)

If you test **positive** and you have had symptoms of COVID-19 for less than 7 days and are high risk for severe COVID-19 disease, you may qualify for an experimental monoclonal antibody treatment. Please visit <https://coronavirus.utah.gov/noveltherapeutics> to assess your risk for severe disease and see if you qualify.

Consideration for testing after exposure to a COVID-19 positive individual

- If you **do not** have symptoms, wait at least 7 days before considering testing
 - Testing too soon after exposure may give false negative results
- If you **do** have symptoms, testing is appropriate at any time after exposure

Please call **801-587-0712** to schedule COVID-19 testing or schedule online at uofuhealth.org/reservetest

Social Support Needs:

Call 2-1-1 or visit www.211utah.org if you have any social needs like:
• Transportation assistance; Unemployment benefit assistance; Housing, rent, or utility assistance; Food assistance; or Childcare assistance.

United Way 2-1-1 is a FREE service that helps people find FREE and LOW COST resources.

How to isolate a sick household member when household space is limited

If you cannot provide a separate room and bathroom for a person who is sick with COVID-19, try to separate them from other household members. Try to create adequate separation within your household to protect everyone, especially those people at higher risk (those over 65 years and those who have medical conditions).

Follow these ten tips when isolating a household member who is sick:

1. Keep at least 6 feet between the person who is sick and other household members.

2. Cover coughs and sneezes; wash hands often; and don't touch your eyes, nose, and mouth.
3. Have the sick household member wear a cloth face covering when they are around other people at home and out (including before they enter a doctor's office).
4. Keep people at higher risk separated from anyone who is sick.
5. Have only one person in the household take care of the person who is sick. This caregiver should be someone who is not at higher risk for severe illness.
 - The caregiver should clean where the sick person has been, as well as their bedding and laundry.
 - The caregiver should minimize contact with other people in the household, especially those who are at higher risk for severe illness.
 - Have a caregiver for the person who is sick and a different caregiver for other members of the household who require help with cleaning, bathing, or other daily tasks.
6. Clean and disinfect surfaces, doorknobs, and other commonly touched surfaces with EPA- registered disinfectants daily. Find a list here: www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2
7. Limit visitors to those with an essential need to be in the home.
8. Don't share personal items like phones, dishes, bedding, or toys.
9. Try to do the following if you need to share a bedroom with someone who is sick:
 - Make sure the room has good air flow. Open a window and turn on a fan to bring in fresh air.
 - Place beds at least 6 feet apart, if possible.
 - Sleep head to toe.
 - Put a curtain around or place another physical divider to separate the bed of the person who is sick from other beds. For example, you might use a shower curtain, room screen divider, large cardboard poster board, quilt, or large bedspread.
10. Have the person who is sick clean and disinfect frequently touched surfaces in a shared bathroom.

To view our **Conditions of Admissions & Treatment** go to:

<https://healthcare.utah.edu/bill/pdfs/u-of-u-health-patient-conditional-agreement-web.pdf>

To view our **Notice of Privacy Practices** go to:

<https://uofuhealth.utah.edu/privacy-office/docs/notice-of-privacy-practices-english.pdf>

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.



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



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



- 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.



- 3. Get rest and stay hydrated.**



- 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.



- 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.



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



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



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



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)