You Were Exposed to COVID-19 at School. Now What?

What is COVID-19?

COVID-19 (coronavirus disease 2019) is a respiratory disease that affects the lungs, and is spreading throughout the world. It can be spread from person-to-person through respiratory droplets that come from coughing or sneezing within a close distance (about six feet) from another person.

How was I exposed to COVID-19?

You may have been exposed to COVID-19 while at school or at a school-related activity, by being in close contact with someone who had symptoms or tested positive for COVID-19. Close contact is defined as being within 6 feet for 15 minutes or more, with or without wearing masks, from up to 48 hours before the individual had symptoms or tested positive, and until the individual was isolated.

What are the symptoms of COVID-19?

Some common symptoms of COVID-19 include:

- Fever or chills*
- Cough*
- Shortness of breath or difficulty breathing*
- Sore throat*
- New loss of taste or smell*
- Muscle or body aches*
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Fatigue
- Headache

*These symptoms are criteria to get tested for COVID-19

Symptoms can range from mild to more severe, and in some cases, may require medical care. There are many illnesses that exhibit these same symptoms. It is important to get tested to help determine if you have COVID-19 or not.

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.

What is quarantine?

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., school activities, 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 your school's Point of Contact (POC). 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:

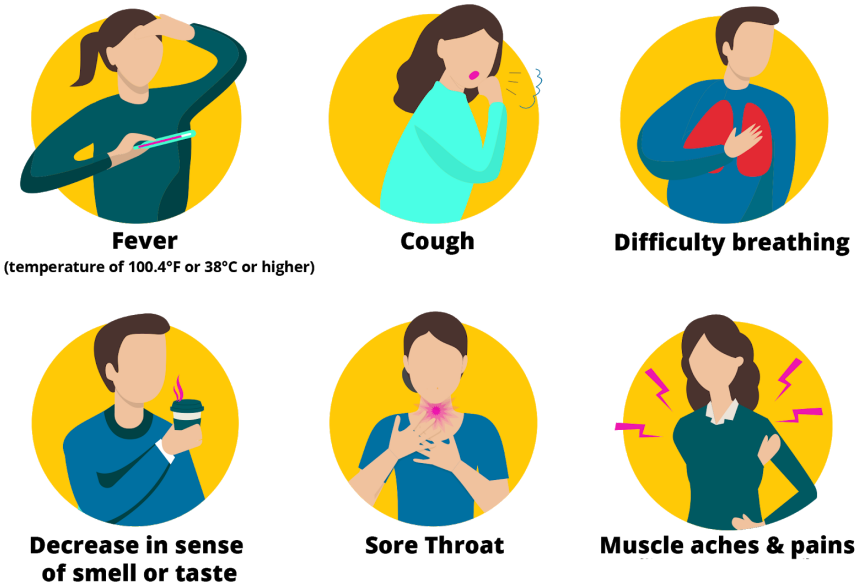
- Acetaminophen (Tylenol)
- Ibuprofen (Advil, Motrin)
- Aspirin

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 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.



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 801-525-5220, 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

Frequently Asked Questions

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

It all depends on 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 and **be sure to call ahead:** coronavirus.utah.gov/utah-covid-19-testing-locations/
>
> **>> No, I do not have symptoms.** 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. **ALWAYS call ahead to your testing location. Do not arrive without calling first.**

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

Even if you do not experience any symptoms, you should practice strict physical 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-days. It is important to do this because symptoms could develop any time during your 14-day quarantine.

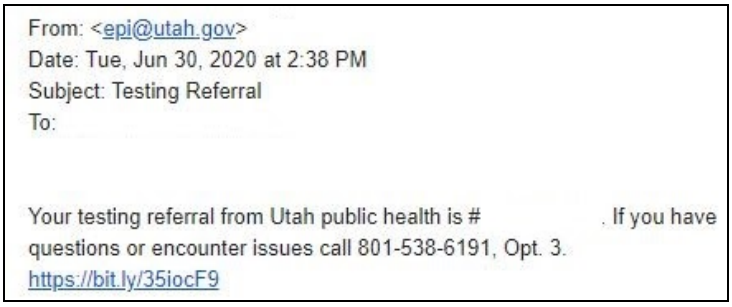
Do I need a referral to get tested for COVID-19?

A referral code can assist you in getting tested for COVID-19. If you have not experienced any symptoms, it is important to wait to be tested at least 5-7 days from the date of your last exposure. However, if you experience symptoms at any time, do not wait to get tested. **ALWAYS call ahead to your testing location. Do not arrive without calling first.**

Where can I get a referral code?

A referral code can be obtained by emailing Davis County Health Department at: covidhotline@co.davis.ut.us. Present this code when you go to get tested for COVID-19. If you have any questions, please contact your school's POC.

Example e-mail:


From: <epi@utah.gov>
Date: Tue, Jun 30, 2020 at 2:38 PM
Subject: Testing Referral
To:

Your testing referral from Utah public health is # . If you have questions or encounter issues call 801-538-6191, Opt. 3.
https://bit.ly/35iocF9

What if I get a negative test result?

If you get a negative test result, you must continue to quarantine for the full 14 days. 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, 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.

For more information on COVID-19, visit:

www.daviscountyutah.gov/coronavirus

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COVID-19
Drive-up Test Sites



Always call ahead.

Pre-screening, cost, & insurance billing vary by location.

University of Utah, Farmington Health Center
844-745-9325

Intermountain Layton Clinic
844-442-5224

Tanner Clinic, Layton
801-776-7121

Other
TestUtah, Ogden, testutah.com

Testing may also be available by contacting your primary care provider.

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

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.**



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 facemask.



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.



Davis COUNTY HEALTH DEPARTMENT

cdc.gov/coronavirus

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