

STUDENT GUIDANCE: WHAT STEPS TO TAKE FOR A POSSIBLE OR CONFIRMED COVID-19 EXPOSURE

The following guidance recommends actions for students (except for students in clinical professional programs) who are close contacts of an infected person, or who suspect, or have confirmed, that they have COVID-19. These actions are intended to protect the health and safety of students and their instructors and are not medical guidance.

What is an exposure?

For COVID-19, a [close contact](#) is defined as any person who was within 6 feet of an infected person for a cumulative total of at least 15 minutes over a 24-hour period, starting from 2 days before illness onset or a positive test and until the time the person is isolated, whether or not face coverings were being worn.

Close contact also includes instances where there was direct contact with infectious bodily fluids (like being coughed on), direct physical contact with the person (touching, hugging, or kissing), or touching a surface or object that may have been contaminated with the virus (shared door handles or tables, eating or drinking utensils, for instance) without proper personal protective equipment (PPE). Heavy breathing, such as [during exercise](#), or talking loudly, singing or shouting, may increase the distance that virus particles spread and increase the risk of virus transmission. Being in an enclosed space (like a classroom) for an extended period of time, even if not within 6 feet may also be considered close contact.

Close contact generally does not include brief interactions, such as walking past a person. However, if you have been in a classroom with a student or instructor who has COVID-19 you will be considered to have been exposed.

What to do if there was an exposure or possible exposure?

If you meet this definition of a close contact, or have been exposed in a classroom, you may be contacted by a Salt Lake County Health Department or a University of Utah Contact Tracing Team or by your Instructor. You might see a missed call from an unknown Utah-based phone number. Please know that if you don't pick up, we will email your UID email address and/or send a text. Please check these regularly. If you believe it is likely that you have been exposed to someone with COVID-19, such as being in the same household, please follow the instructions below.

- 1. If you are *up-to-date with your vaccination* ((i.e., If you have at least one booster dose OR got your second dose of Pfizer or Moderna vaccine within the last 6 months OR got a J&J vaccine within the last 2 months) and have had close contact with someone, or if you are a member of the same household or residence as someone who is confirmed positive for COVID-19, and you don't have symptoms, then you must do the following:**

- You do NOT need to quarantine. However, you should enroll in active monitoring with the University Contact Tracing Team by marking 'exposed' to the question about COVID-19 status or test results on the [Self-Report Form](#). During active monitoring, you will monitor your symptoms and temperature for 10 days and report the results.

- In addition, you will wear a tight-fitting mask for the 10 days.
- Get tested (PCR) 5 days after your exposure. Contact the Contract Tracing Team to report the result. If you test positive, isolate as described below

2. If you are *unvaccinated or not up-to-date on your vaccination* and have had close contact with someone, or if you are a member of the same household or residence as someone who is confirmed positive for COVID-19, and you don't have symptoms, then you must do the following:

- **Quarantine** for 5 days at home or in a designated quarantine room in Student Housing. Begin quarantine on the date that you last saw the person who tested positive for COVID-19. If possible, stay away from others within your home or residence, especially people who are at [higher risk](#) for getting very sick from COVID-19. Quarantine is a public health term that describes people who are not yet sick, but who have been exposed to COVID-19, and are separated from the general population so they don't unintentionally infect somebody else.
- You must enroll in Active Monitoring: this has been approved by CDC and the Utah Department of Health in order to reduce quarantine from 14 to 10 days. During active monitoring, you will monitor your symptoms and temperature for 14 days after the last day you were in close contact with the person sick with COVID-19 and report the results. Mark 'exposed' to the question about COVID-19 status or test results on the [Self-Report Form](#) to initiate this process.
- According to the CDC, the most common symptoms are:
 - Fever or chills
 - Cough, shortness of breath or difficulty breathing
 - Fatigue
 - Headache, muscle or body aches
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting, diarrhea
- **Get tested** on day 5 using a PCR test. COVID testing is available on campus. See <https://alert.utah.edu/covid/testing/> for information on where you can get a COVID test on campus or find a convenient testing site at <https://coronavirus.utah.gov/mobile-testing-locations/>
- If your COVID-19 test is negative, you may leave quarantine but need to **wear a tight-fitting mask** for an additional 5 days.

3. If you *have symptoms (coughing, fever, respiratory distress, flu or cold symptoms)*, suspect that you have COVID-19, OR have tested positive for COVID-19, and are living off campus, even if you are vaccinated you must:

- **Isolate** at home beginning on the date that you tested positive, or you become Symptomatic (whichever is first), for at least 5 days. Isolation is a public health term that means that people who have symptoms of COVID-19 and/or test positive for COVID-19 are separated from the general population until they are no longer infectious.
- Complete the COVID-19 [Self-Reporting Form](#).
- If you have not tested, get tested using a PCR test. COVID testing is available on

campus. See <https://alert.utah.edu/covid/testing/> for information on where you can get a COVID test on campus or find a convenient testing site at <https://coronavirus.utah.gov/mobile-testing-locations/>

- Call your primary care physician or health care provider for guidance on appropriate action to take.
- **Get tested** on day 5 using an antigen test. COVID testing is available on campus. See <https://alert.utah.edu/covid/testing/> for information on where you can get a COVID test on campus or find a convenient testing site at <https://coronavirus.utah.gov/mobile-testing-locations/>
- **If you test positive on Day 5** you should continue to isolate up to 10 days or until your symptoms are gone, you haven't had a fever for at least 24 hours, and you test negative using an antigen test, whichever occurs first.
- Notify the Contact Tracing team and the instructors of any in-person classes you attended, of any University locations you have frequented for the period up to 2 days prior to becoming symptomatic. Once you have received the results of the diagnostic test, contact your supervisor and update the [Self-Reporting Form](#).

4. If you have symptoms (coughing, fever, respiratory distress, flu or cold symptoms), suspect that you have COVID-19, or have tested positive for COVID-19, and are living on campus in Student Housing, even if you are vaccinated you must:

- **Isolate** as instructed by HRE staff, beginning on the date that you tested positive, or you become Symptomatic (whichever is first) for at least 5 days. Isolation is a public health term that means that people who have symptoms of COVID-19 and/or test positive for COVID-19 are separated from the general population until they are no longer infectious.
- Complete the COVID-19 [Self-Reporting Form](#).
- If you have not tested, get tested using a PCR test. COVID testing is available on campus. See <https://alert.utah.edu/covid/testing/> for information on where you can get a COVID test on campus or find a convenient testing site at <https://coronavirus.utah.gov/mobile-testing-locations/>
- Call your primary care physician or health care provider for guidance on appropriate action to take.
- **Get tested** on day 5 using an antigen test. COVID testing is available on campus. See <https://alert.utah.edu/covid/testing/> for information on where you can get a COVID test on campus or find a convenient testing site at <https://coronavirus.utah.gov/mobile-testing-locations/>
- **If you test positive on Day 5** you should continue to isolate up to 10 days or until your symptoms are gone, you haven't had a fever for at least 24 hours, and you test negative using an antigen test, whichever occurs first.
- Notify the Contact Tracing team and the instructors of any in-person classes you attended, of any University locations you have frequented for the period up to 2 days prior to becoming symptomatic. Once you have received the results of the diagnostic test, contact your supervisor and update the [Self-Reporting Form](#).

5. When can I go back to in-person classes?

For people who are diagnosed with COVID-19 or are contacts of COVID-19

patients, current CDC guidance is that you can stop home quarantine or isolation under the following conditions:

If you are unvaccinated or up-to-date on your vaccine, exposed to a person with COVID-19 and initially test negative, you may leave quarantine and return to class after:

- 5 days following the last day you had contact and you have enrolled in Active Monitoring through the University Contact Tracing Team, and
- Testing negative on day 5 using a PCR test and contact the Contract Tracing Team to report the result. If you do not get tested you should remain in quarantine for at least 10 days.
- **NOTE: you must wear a tight-fitting mask for an additional 5 days (10 days from the date of exposure)**

If you think or know you had COVID-19, and had symptoms you may leave isolation and return to class after:

- At least 5 days since symptoms first appeared, and
- At least 24 hours with no fever without fever-reducing medication, and
- Symptoms have significantly improved. (*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.*), and
- Testing negative on day 5 using a Rapid Antigen test and contact the Contract Tracing Team to report the result. If you do not get tested or test positive with an Antigen test, remain in isolation until you test negative or for 10 days, whichever comes first.

Note: Some people may require a longer period of isolation. 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. Please talk to your healthcare provider for more information. If testing is available, it may be recommended by your healthcare provider. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing.

Further Information:

University of Utah COVID-19 Information: <https://coronavirus.utah.edu/>

University of Utah COVID-19 Testing Information: <https://alert.utah.edu/covid/testing/>

University of Utah COVID-19 Vaccine Information: <https://alert.utah.edu/covid/vaccine/>

State of Utah COVID-19 Testing Information: <https://coronavirus.utah.gov/utah-covid-19-testing-locations/>



State of Utah COVID-19 Vaccine Information: <https://coronavirus.utah.gov/vaccine-distribution>