

COVID Isolation, Quarantine, and Return to Work/School Guidelines for School Districts

January 6, 2021

Dear parent or staff member:

Based on guidance from the U.S. Centers for Disease Control and Prevention (CDC) and the Salt Lake County Health Department (SLCoHD), you or your child have been excluded from school and/or school-related activities because you or they exhibited one or more symptoms of COVID. Please see the below recommendations and requirements for returning to school.

1. If a student or employee is symptomatic with any of the symptoms listed below, they should not come to school and should seek COVID testing at a location listed at coronavirus.utah.gov:
 - **One or more of these symptoms:**
 - cough
 - shortness of breath
 - difficulty breathing
 - fever of 100.4° F or higher
 - chills
 - new loss of taste or smell
 - **Two or more of these symptoms:**
 - headache
 - muscle pain
 - sore throat
 - congestion or runny nose
 - nausea or vomiting
 - diarrhea
2. If a student or employee is symptomatic (as defined in #1) and tests for COVID*, they should remain at home until test results are back.
 - If test result is **negative**, the individual may return to school when symptoms are improving and they are fever-free without the aid of medication for at least 24 hours
 - If test result is **positive**, the individual must remain isolated until symptoms are improving and one of the following, whichever is longer:
 - 10 days have passed since symptoms began
 - 24 hours have passed since resolution of fever without the aid of medication

**If the student or employee chooses to not be tested, they should stay home and the school will use the return-to-work/return-to-school guidance intended for a positive test result (second bullet above).*
3. If a student or employee is exposed but not symptomatic, they should quarantine for 10 days from the date of exposure and watch for symptoms. The individual may leave quarantine early **if the exposure was outside their home** and they test negative on day 7 or after. If it was a household exposure, a negative test result does not allow them to leave quarantine early—they must complete the full 10-day quarantine in case they develop symptoms later in that time.

Thank you,
Salt Lake County Health Department