

ACTIVE MONITORING FAQ

What is active monitoring?

The active monitoring program is for individuals who have been exposed to COVID-19. When enrolled in active monitoring, you respond to automated messages via text or email with a daily report of your temperature and any symptoms of COVID-19 you might have developed. You receive these automated messages until the 10th day after your exposure to COVID-19.

What is the benefit of enrolling in active monitoring?

When you are enrolled in the active monitoring program, you receive a text and an email to help you remember to check yourself for symptoms of COVID – 19.

If you are not vaccinated or have not received a booster, and enroll in the active monitoring program, we would ask that you quarantine for only 5 days instead of the standard 10-day quarantine period. Although you would only need to quarantine for 5 days, you would still need to respond to our automated messages for the full 10 days and you will need to wear a mask and minimize close contact when around others. If you do not enroll in the active monitoring program, you should quarantine for the full 10-day period.

If you are fully vaccinated, have received a booster and you enroll in the active monitoring program, you will not be asked to quarantine and would only be asked to respond to our automated messages until the 10th day after your exposure to COVID-19. Although you would not be asked to quarantine for these 10 days, you will need to wear a mask and minimize close contact when around others.

If you do not participate in active monitoring, you would be expected to complete the standard 10-day quarantine period.

When should people who are exposed to COVID-19 get tested?

If you have been exposed to COVID-19, you should get tested 5 days after exposure. You should plan on getting tested 5 days after being exposed regardless of your vaccination status, enrollment in the active monitoring program, or whether you feel symptoms or not.

It is recommended that everyone who has been exposed to the virus get tested 5 days after exposure. You can schedule through this website <https://alert.utah.edu/covid/testing/> . Please report your test results by filling out a self-report form at <https://coronavirus.utah.edu/>