WEAR A MASK

Salt Lake County has issued a mandatory mask order. This order applies to the University of Utah from January 8 through February 7. All people are required to wear well fitting masks indoors or in “when queueing outdoors.” Well-fitting surgical masks, KN95s, or N95s protect better than cloth masks.

Our department will be ordering and providing N95 masks for those with required in-person job duties and responsibilities. We anticipate that these will be on hand for pick up at the Williams Building early next week. We will also provide opportunities for employees to be fit tested for N95 masks and they can email Gabby Church who will coordinate scheduling.

GET VACCINATED AND BOOSTED

The University will announce plans to require COVID booster shots in the coming weeks.

You can get a free vaccination on campus. Boosters are also available at these clinics. According to the Centers for Disease Control and Prevention, booster shots are recommended to increase your resistance to
the omicron variant. Booster eligibility differs depending on the vaccine you received.

Follow these guidelines:

- **Johnson & Johnson**: Two months after initial vaccination
- **Pfizer**: Five months after the second dose of the vaccine
- **Moderna**: Five months after the second dose of the vaccine

*For more information about vaccines, visit this page.*

**COVID-19 SELF-SERVE TEST**

This free testing is for asymptomatic faculty, staff, and enrolled students at the University of Utah (must have a University ID - uNID - and password to sign in).

Our new saliva "self-serve" test allows you to pick up a test at a time and place that works best for you, spit in the tube, and drop it off. There is no trade-off in turn-around time for your test results.

**NEW "RETURN TO WORK" NAVIGATION**

A streamlined workflow on Pulse makes it easier to navigate return to work protocols. It includes links to special instructions for four scenarios: exposed to COVID, have COVID symptoms, tested positive, need to get tested. Please share and encourage your teams to follow them. These protocols will help minimize disruption and keep us all as safe as possible. Dr. Jeanmarie Mayer provided helpful details about the new navigation at yesterday's Clinical Update (18.05 – 31.40).

**FOLLOW THE 5-5-5**

If you test positive for COVID, you need to do the following:

- Isolate for five days.
- Test again five days after the initial test.
- Mask for five days when around others after the isolation period is over.
As with all guidelines, you need to take your personal circumstances into account. If you are still experiencing symptoms on day six, you should remain isolated. If your test on day five still shows a viral load, you should take the appropriate action to not infect others. The University of Utah Contact Tracing Team will give you guidance based on your circumstances. Follow their advice.

The 5-5-5 rule should also be followed by those who are exposed to COVID-19 and who have not been vaccinated against the virus, or who have not been boosted but are eligible for a booster shot. Again, that means that if you are exposed to somebody who has COVID-19, you should:

- Stay home for five days.
- Get tested on day five.
- Wear a mask for five more days when around others.

We urge everyone to be patient and kind to each other during these times. The ultimate kindness is to protect each other by following COVID protocols.

More info at coronavirus.utah.edu

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