

COVID-19 GUIDANCE – WHEN TO TEST, QUARANTINE, AND ISOLATE

COVID-19 SYMPTOMS

Class A

- Fever ($\geq 100.4^{\circ}\text{F}$) or chills
- Cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell

Class B

- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Muscle or body aches
- Headache
- Fatigue

EXPOSURE

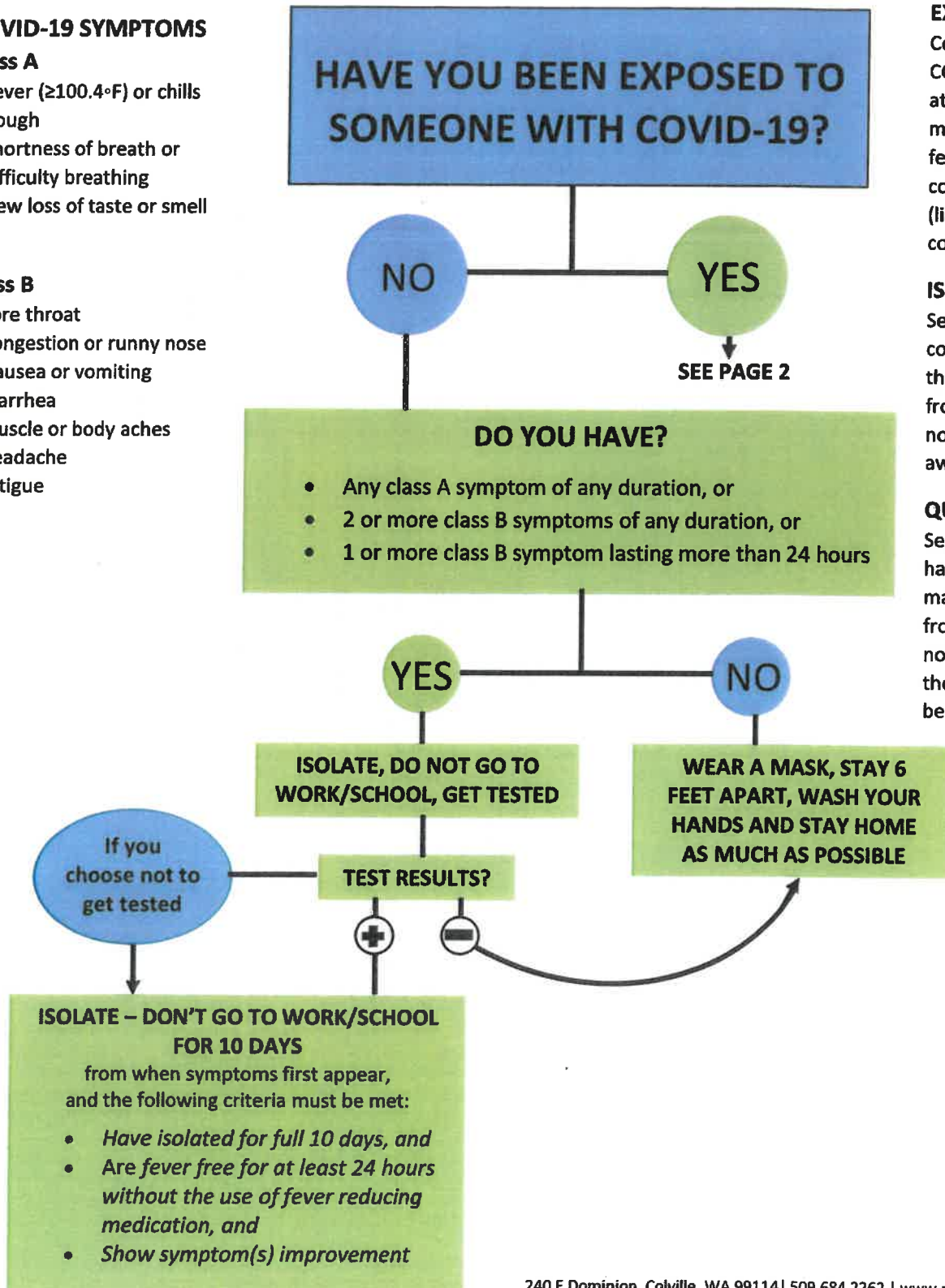
Contact with someone COVID-19 positive for at least a cumulative 15 minutes with less than six feet of distance or close contact with secretions (like sharing a cup or being coughed on).

ISOLATION

Separating people with confirmed COVID-19 or those with symptoms from those who are not infected and those awaiting test results.

QUARANTINE

Separating people who have been exposed (and may develop COVID-19) from those who have not been exposed and those who have not been infected.



HAVE YOU BEEN EXPOSED TO SOMEONE WITH COVID-19?

NO

SEE PAGE 1

YES

HAVE YOU BEEN FULLY VACCINATED?⁵

NO

QUARANTINE, DON'T GO TO WORK/SCHOOL, GET TESTED

YES

MONITOR FOR SYMPTOMS FOR 14 DAYS.
You do not need to stay away from others or get tested unless you have symptoms.

TEST RESULTS?

If you choose not to get tested



ISOLATE – DON'T GO TO WORK/SCHOOL FOR 10 DAYS from when symptoms first appear, and the following three criteria must be met:

1. *Have isolated for full 10 days, and*
2. *Are fever free for at least 24 hours without the use of fever reducing medication, and*
3. *Show symptom(s) improvement*

If you do not have symptoms, isolate for 10 full days from the date your test was collected.

DOES THE PERSON WITH COVID-19 LIVE WITH YOU?

NO

YES

QUARANTINE – DON'T GO TO WORK/SCHOOL FOR 14 DAYS⁴ from the date of your last exposure

IF YOU DEVELOP COVID-19 SYMPTOMS AFTER NEGATIVE TEST RESULTS, GET RETESTED

QUARANTINE – DON'T GO TO WORK/SCHOOL FOR 24 DAYS^{2,3} from most recent positive test or symptom onset of ANY person in your home. Restart 20-day quarantine with each new positive in your home.

If you choose not to get tested, isolate for 10 days from symptom onset or complete your quarantine, whichever is longer

TEST RESULTS?



1. If you are an essential worker and have been exposed, tested negative and are asymptomatic, you may go to work under some circumstances. However, outside of work you still need to quarantine. To find out if this applies to you, call the Washington State Department of Health at 800.525.0127.
2. If the person(s) who tested positive are able to isolate in a separate room or location, at all times, you may reduce your quarantine to 10-14 days from your last exposure to the person(s) with COVID-19. If an additional household member becomes symptomatic or tests positive for COVID-19, they should isolate. If you have had exposure to this individual, the 10-14-day quarantine will start over.
3. If you have a COVID-19 positive household member and you test negative while quarantining, you may get retested 5-7 days after your first negative test. If positive, isolate for 10 days from the date of your positive test. If negative, continue your quarantine. Your quarantine period will depend on if you are able to quarantine separately from the positive household member. If able to quarantine separately, quarantine will be 14 days from last exposure. If unable to quarantine separately, quarantine period will be the 10 days of isolation of your COVID-19 positive household member plus 10-14 days for you quarantine period: totaling 20-24 days.
4. Ideally quarantine for 14 full days; additional options if unable to quarantine for 14 days are:
 - a. 10 full days without testing if asymptomatic stop quarantining and monitor for symptoms until day 14.
 - b. After 7 full days with a negative test on day 5 post exposure or later, stop quarantining and monitor for symptoms until day 14.
 - c. Healthcare workers, congregate situations such as schools and shelters, and long-term care should still quarantine for 14 days.
5. 2 weeks after their second dose in a 2-dose series, such as Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.