

# 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

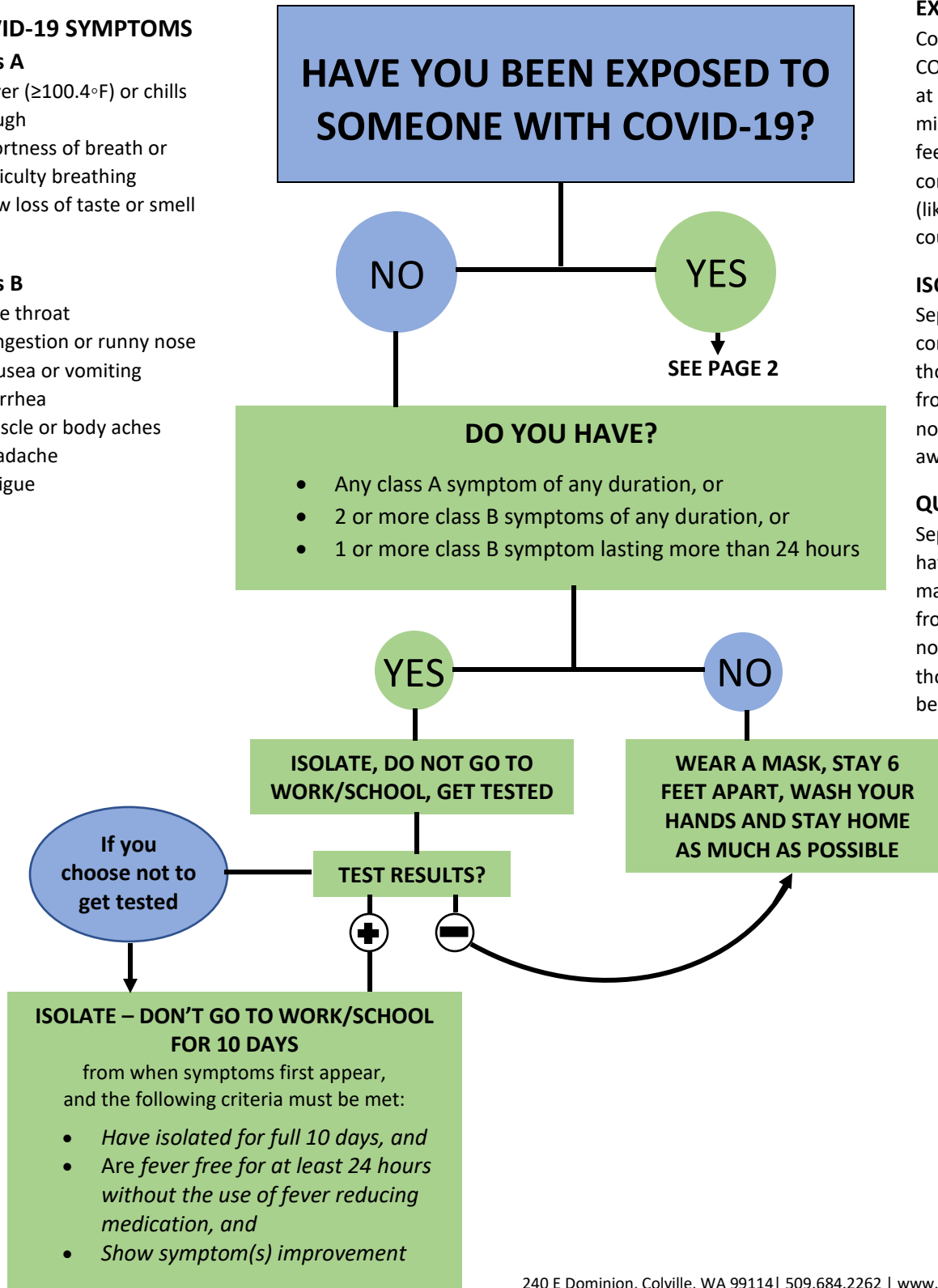
Contact with someone COVID-19 positive for at least a cumulative 15 minutes with less than six feet of distance or close contact with secretions (like sharing a cup or being coughed on).

## ISOLATION

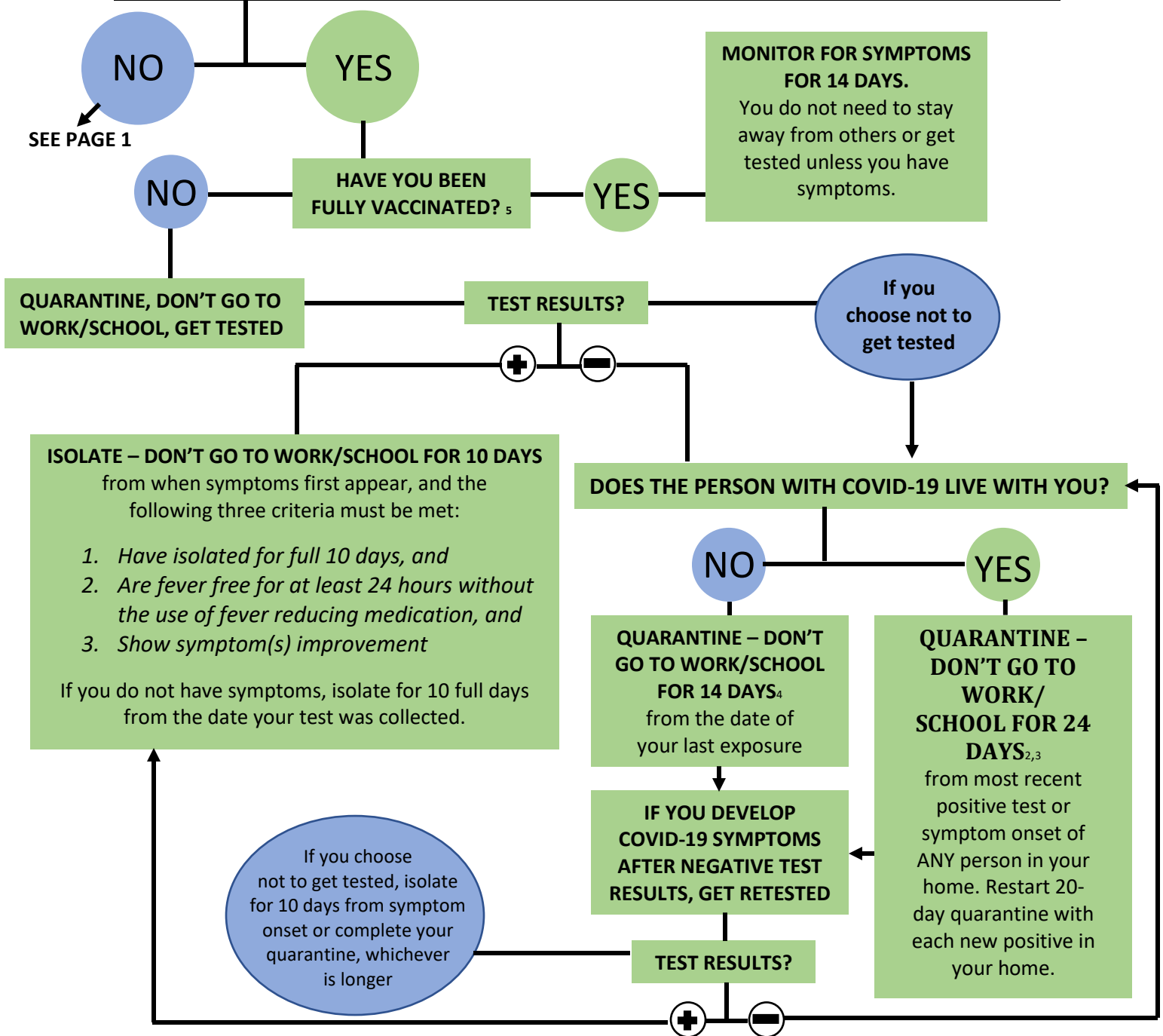
Separating people with confirmed COVID-19 or those with symptoms from those who are not infected and those awaiting test results.

## 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?



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.