

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

EXPOSED TO OR LIVE WITH SOMEONE COVID-19 POSITIVE

COVID-19 SYMPTOMS

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

EXPOSURE

Contact with someone COVID-19 positive for longer than 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.

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.

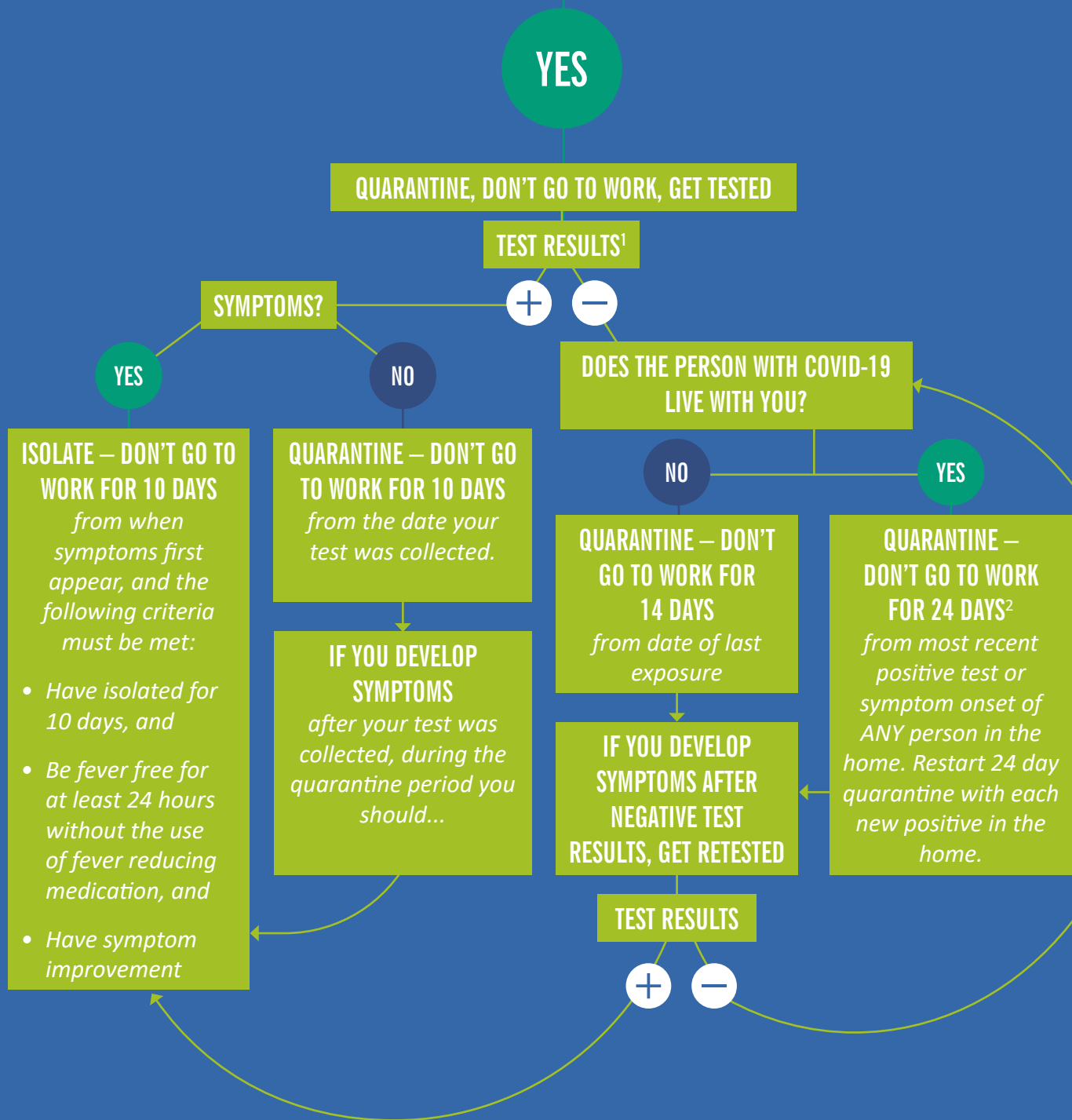


ISOLATE – DON'T GO TO WORK FOR 10 DAYS

from when symptoms first appear, and the following criteria must be met:

- Have isolated for 10 days, and
- Be fever free for at least 24 hours without the use of fever reducing medication, and
- Have symptom improvement

EXPOSED TO OR LIVE WITH SOMEONE COVID-19 POSITIVE



1. If you're 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 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. This can reduce your quarantine time if you test positive. If positive, isolate 10 days from your second test. If negative, continue your 24 day quarantine. Your quarantine time is the 10 days of your COVID-19 positive household member plus your 14 day quarantine period, equalling a total of 24 days.