



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

**HAVE YOU BEEN EXPOSED TO
SOMEONE WITH COVID-19?**

NO

YES

See side 2

DO YOU HAVE?

- Any class A symptom of any duration, or
- 2 or more class B symptoms of any duration, or
- 1 or more class B symptoms lasting more than 24 hours

YES

NO

**ISOLATE, DON'T GO TO
WORK/SCHOOL, GET TESTED**

**WEAR A MASK, STAY 6
FEET APART, WASH YOUR
HANDS AND STAY HOME
AS MUCH AS POSSIBLE**

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 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

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).

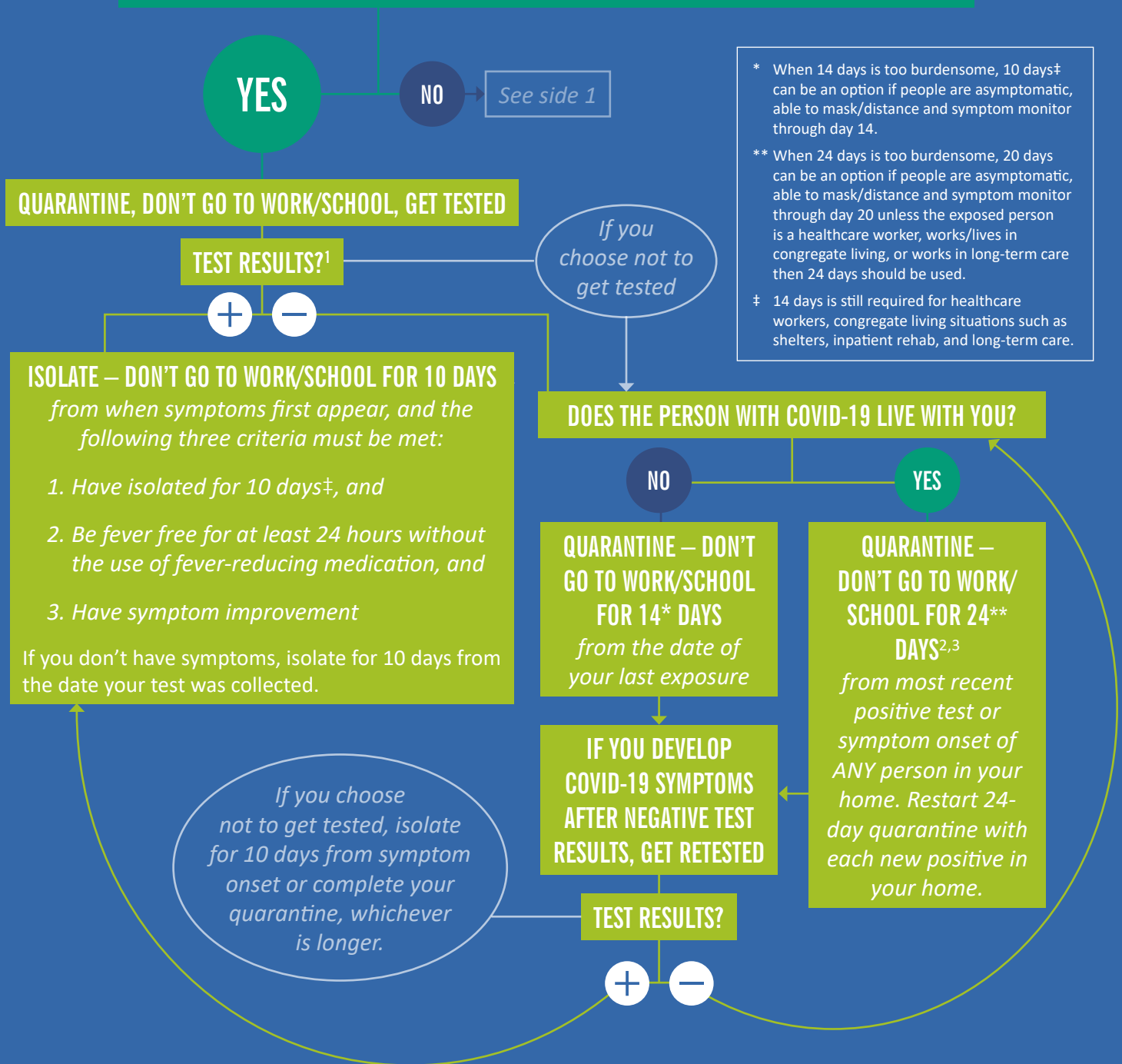
ISOLATION

Separating people with confirmed COVID-19 or those with symptoms from those who are not infected 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're an essential worker and have been exposed, tested negative and are asymptomatic, you may go to work/school under some circumstances. However, outside of work/school 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 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. This can reduce your quarantine time if you test positive. If positive, isolate for 10 days from the date of your positive test. If negative, continue your 20-24-day quarantine. Your quarantine time is the 10 days of your COVID-19 positive household member plus your 10-14-day quarantine period, equaling a total of 20-24 days.