COVID-19 PUBLIC HEALTH FLOWCHART

SCENARIO 1: You tested positive for COVID-19.
Regardless of whether or not you have symptoms.

STAY HOME AND SELF-ISOLATE.
Outside of seeking treatment, stay home for 5 days since your symptoms started, 5 days since your test date (if you have no symptoms), or as instructed. Follow CDC isolation procedures.

DON'T DELAY; SEEK TREATMENT.
If you are more likely to get very sick from COVID-19 (per CDC), consult your healthcare provider for isolation guidance, treatments available, and telehealth options that can reduce your chances of being hospitalized.

NOTIFY CLOSE CONTACTS.
You are strongly encouraged to notify others you may have exposed.

END OF ISOLATION
End isolation after day 5 if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. Remain in isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. Individuals with risk factors for COVID-19 complications should contact their healthcare provider now to ask about their treatment plan in the event of a positive test. Antiviral treatments are most effective if started soon after testing positive. Make a personal plan for COVID-19 here.

FOLLOW ADDITIONAL PRECAUTIONS.
Wear a well-fitting mask or respirator while around others at home and in public.

REPORT IF WORKPLACE EXPOSURE.
If you are UW personnel and believe your positive COVID-19 test was due to a workplace exposure, please fill out an OARS report.

SCENARIO 2: You were exposed to an individual who tested positive for COVID-19.

Do you have symptoms?

YES

STAY HOME AND SELF-ISOLATE.
Do not go to work and/or class. Wear a well-fitting mask or respirator while waiting for your test results and while you have symptoms.

YOU CAN RETURN TO WORK AND/OR CLASS.
Wear a well-fitting mask or respirator when around others at home and in public for 10 days. Watch for symptoms through day 10. If symptoms develop, follow instructions in Scenario 2.

GET TESTED IMMEDIATELY.
Remain at home until you receive your test result.

GET TESTED AT LEAST 5 DAYS AFTER EXPOSURE.
or immediately if you are unsure when you were exposed.

Test Result

POSITIVE

FOLLOW SCENARIO 1.

NEGATIVE

FOLLOW CDC guidance for additional precautions after testing negative.

SCENARIO 3: You have one or more COVID-19 symptoms but no known exposure to a COVID-19 positive individual.

STAY HOME AND SELF-ISOLATE.
Do not go to work and/or class. Wear a well-fitting mask or respirator while waiting for your test results.

GET TESTED IMMEDIATELY.

POSITIVE

Follow CDC guidance for additional precautions after testing positive.

NEGATIVE

Follow CDC guidance for additional precautions after testing negative.

END OF ISOLATION
If symptoms develop, follow instructions in Scenario 2. Antiviral treatments are most effective if started soon after testing positive. Make a personal plan for COVID-19 here.

Contact covid19@uw.edu or 206.616.3344 to reach UW Environmental Health & Safety Department. Email is preferred.

1 Follow CDC guidance for exposure self-isolation if your symptoms are not improving and/or you had moderate or severe illness.
2 With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.
3 You can continue to report at-home test results (negative and positive) to support national public health efforts.
4 If a supervisor believes that their workforce is experiencing an outbreak of COVID-19 (more than 10% of personnel are out sick and have tested positive), contact EH&S for assistance and follow up.

For more information click here.

People who also work in non-UW clinical settings contact their healthcare organization/clinical supervisor for guidance on returning to activities in those locations. Visit www.ehs.washington.edu/resource/covid-19-public-health-requirements-and-guidance-flowchart-1175 for a text-only version.

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