



# COVID-19 PUBLIC HEALTH FLOWCHART

UW Medicine medical facility personnel follow UW Medicine protocols and [reporting procedures](#).

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## 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.<sup>1</sup>

#### FOLLOW ADDITIONAL PRECAUTIONS THROUGH DAY 10.

Wear a [well-fitting mask](#) or respirator for 10 days when indoors around others at home and in public.<sup>2</sup>

#### REPORT IF WORKPLACE EXPOSURE.<sup>4</sup>

If you are UW personnel and believe your positive COVID-19 test was due to a workplace exposure, **please fill out an [OARS report](#)**.  
For more information click [here](#).

## SCENARIO 2:

### You were [exposed](#) to an individual who tested positive for COVID-19.

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](#).

#### 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.

#### GET TESTED IMMEDIATELY.

*Remain at home until you receive your test result.*

NO

#### 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 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<sup>3</sup>

## 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  
SCENARIO 1.

NEGATIVE

Follow [CDC guidance](#) for additional precautions after testing negative.<sup>3</sup>

Individuals with risk factors for [COVID-19](#) and [flu](#) complications can contact their healthcare provider now to ask about further testing and a treatment [plan](#) in the event of a positive test. Antiviral treatments are most effective if started soon after testing positive.

After confirming you are COVID-19 negative, you may return to in-person activities once your symptoms have improved and you have not had a fever in 24 hours (without the use of fever-reducing medication). Please continue following the [UW Face Covering Policy](#) upon return.

Contact [covidehc@uw.edu](mailto:covidehc@uw.edu) or 206.616.3344 to reach UW Environmental Health & Safety Department. Email is preferred.

<sup>1</sup> Follow CDC guidance for [ending self-isolation](#) if your symptoms are not improving and/or you had moderate or severe illness.

<sup>2</sup> With two sequential negative tests 48 hours apart, you can [remove your mask](#) sooner than day 10.

<sup>3</sup> You can continue to [report all at-home test results](#) (negative and positive) to support national public health efforts.

<sup>4</sup> 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.

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](http://www.ehs.washington.edu/resource/covid-19-public-health-requirements-and-guidance-flowchart-1175) for a text-only version.