COVID-19 Response and Prevention Team

SEND AN EXPOSURE NOTIFICATION VIA

End isolation after day 5

fever-reducing medication

FOLLOW CDC precautions if you are fever-free for 24 hours without the use of medication.

Diabetes, obesity, high blood pressure, over age 65, or as instructed.

SCENARIO 1: You tested positive for COVID-19.

Regardless of your vaccination status and regardless of whether or not you have symptoms.

REPORT IT.
Submit a COVID-19 reporting form.

STAY HOME AND SELF-ISOLATE.
Do not go to work or class for 5 days since your symptoms started, 6 days since your test date (if you have no symptoms), or as instructed. Follow CDC isolation procedures.

SEND AN EXPOSURE NOTIFICATION VIA
WA NOTIFY.
Go to Exposure Notifications on your mobile device to request a PIN and issue an anonymous notification.

COMPLETE THE ELECTRONIC SURVEY.
The COVID-19 Response and Prevention Team will send a link to a health survey prior to the end of your isolation period.

Did your symptoms improve after 5 days of isolation?

YES

NO

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.

Individuals with weakened immune systems and those who have moderate or severe illness should talk with their healthcare provider before ending isolation.

FOLLOW ADDITIONAL PRECAUTIONS THROUGH DAY 10.
Wear a well-fitting high-quality mask (surgical mask or KF94/KN95/N95 respirator) for 10 days when indoors around others at home and in public.

Do not go to places where you are not able to wear a mask.

Avoid travel and follow additional CDC precautions.
Visit the CDC’s COVID-19 Testing webpage for guidance on when to re-test.

SCENARIO 2: You were in close contact with 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, regardless of your vaccination status. Wear a well-fitting surgical mask or KF94/KN95/N95 respirator while waiting for your test results and while you have symptoms. Masking is recommended when indoors and around others on campus.

YOU CAN RETURN TO WORK AND/OR CLASS.
Wear a well-fitting surgical mask or KF94/KN95/N95 respirator when around others at home and in public for 10 days.

If symptoms develop, follow instructions in Scenario 2.

GET TESTED IMMEDIATELY.
Remain 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.

Are you at home until you receive your test result.

POSITIVE

NEGATIVE

If you use an at-home rapid antigen test, continue to stay home and test again in 48 hours (or get a PCR test to confirm your results). Take at least two home tests. If you continue to test negative with a rapid antigen test or test negative via PCR, the public health recommendation is that you remain at home until your symptoms have improved and that you may return to campus after you are fever-free for 24 hours without the use of medication.

Individuals with risk factors for flu complications should contact their healthcare provider right away to ask about flu treatment and treatment. Flu treatment is most effective if taken within the first two days of illness.

Will you have ongoing close contact (e.g., household member has COVID-19)?

YES

FOLLOW SCENARIO 1.

No further action is needed.

You can remove your mask after symptoms resolve or confirming you do not have COVID-19 (by taking a PCR test or at least two antigen tests at least 48 hours apart), whichever is later.

NEGATIVE

Follow CDC guidance for ongoing exposure and contact covidehc@uw.edu if you have questions.

If you continue to test negative with a rapid antigen test or test negative via PCR, the public health recommendation is that you remain at home until your symptoms have improved and that you may return to campus after you are fever-free for 24 hours without the use of medication.

FLU TREATMENT IS MOST EFFECTIVE IF TAKEN WITHIN THE FIRST TWO DAYS OF ILLNESS.

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

Do not go to work and/or class, regardless of vaccination status. Wear a well-fitting surgical mask or KF94/KN95/N95 respirator while waiting for your test results.

GET TESTED IMMEDIATELY.

If you use an at-home rapid antigen test, continue to stay home and test again in 48 hours (or get a PCR test to confirm your results). Take at least two home tests. If you continue to test negative with a rapid antigen test or test negative via PCR, the public health recommendation is that you remain at home until your symptoms have improved and that you may return to campus after you are fever-free for 24 hours without the use of medication.

Individuals with risk factors for flu complications should contact their healthcare provider right away to ask about flu treatment and treatment. Flu treatment is most effective if taken within the first two days of illness.

If you tested using an at-home rapid antigen test, test again with another at-home rapid antigen test and avoid going to work or class.

If you tested using a home antigen test or test negative via PCR, the public health recommendation is that you remain at home until your symptoms have improved and that you may return to campus after you are fever-free for 24 hours without the use of medication.

Additional requirements are followed by students in residence halls and athletics programs.

4 Read the University’s Isolation Guidance for details.

5 With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

People who also work in non-UW clinical settings contact their healthcare organization/clinical supervisor for guidance on returning to activities in those locations.


1 Contact covidehc@uw.edu or 206.616.3344 to reach the COVID-19 Response and Prevention Team in the UW Environmental Health & Safety Department. Email is preferred.

2 Follow CDC guidance for ending self-isolation if your symptoms are not improving and/or you had moderate or severe illness.

3 Additional requirements are followed by students in residence halls and athletics programs.

4 Read the University’s Isolation Guidance for details.

5 With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

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