SCENARIO 1: You tested positive for COVID-19.
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, 5 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. Contact covidhec@uw.edu if you have questions.

STAY HOME AND SELF-ISOLATE.
Do not go to work or class.

GET TESTED IMMEDIATELY.
If you tested using an at-home rapid antigen test, test again with another at-home rapid antigen test in 48 hours or get a PCR lab test to confirm your result. If symptoms worsen, get tested again and contact your healthcare provider.

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

SCENARIO 2: You were in close contact with an individual who tested positive for COVID-19.

Do you have symptoms?

YES

NO

STAY HOME AND SELF-ISOLATE.
Do not go to work or class.

GET TESTED IMMEDIATELY.
If you tested using an at-home rapid antigen test, test again with another at-home rapid antigen test in 48 hours or get a PCR lab test to confirm your result. If symptoms worsen, get tested again and contact your healthcare provider.

FOLLOW SCENARIO 1.

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 or class, regardless of vaccination status.

GET TESTED IMMEDIATELY.
If you tested using an at-home rapid antigen test, test again with another at-home rapid antigen test in 48 hours or get a PCR lab test to confirm your result. Stay home until symptoms have improved and you have not had a fever for at least 24 hours without using fever-reducing medication. If symptoms worsen, get tested again and contact your healthcare provider.

Wear a well-fitting high-quality mask (surgical mask or respirator) while waiting for your test results. 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.

FOLLOW SCENARIO 1.

If you tested using an at-home rapid antigen test, test again with another at-home rapid antigen test in 48 hours or get a PCR lab test to confirm your result.

If you develop symptoms, follow instructions for close contacts with symptoms in Scenario 2.

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

YES

NO

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

No further action is needed.