



PUBLIC HEALTH FLOWCHART FOR COVID-19 AND RESPIRATORY VIRUS SYMPTOMS

September 24, 2024 / www.ehs.washington.edu

UW Medicine medical facility and other healthcare personnel follow UW Medicine or site-specific protocols.

You are experiencing respiratory virus symptoms OR were exposed to someone with COVID-19.

Do you have symptoms?

YES

NO

YOU CAN RETURN TO WORK AND CLASS.

Consider wearing a [well-fitting mask or respirator](#) when around others at home and in public for the next five days and monitor for symptoms. If symptoms develop, follow [CDC guidance](#) on how to prevent the spread of respiratory viruses.

STAY HOME AND AWAY FROM OTHERS. TAKE A COVID-19 TEST.

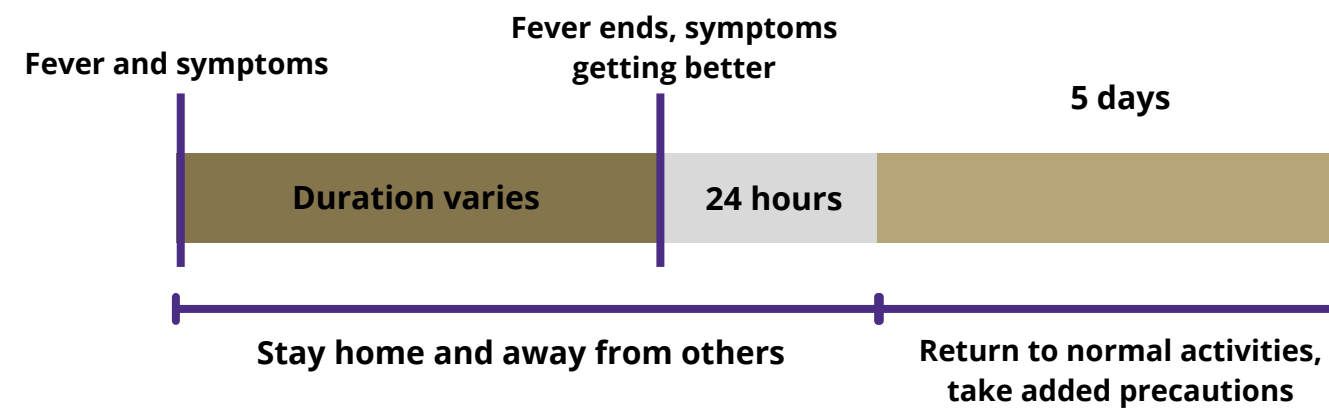
Do not go to work and/or class. Stay at home except when seeking medical care. Follow [CDC guidance](#) on how to prevent the spread of respiratory viruses.

NEGATIVE TEST RESULT?

YOU MAY RETURN TO NORMAL ACTIVITIES WHEN:²
FOR THE PAST 24 HOURS

You have not had a fever (without the use of fever reducing medication)
AND
Your symptoms have generally improved.

FOR THE NEXT 5 DAYS, CONTINUE TO TAKE [PRECAUTIONS](#) NOTED TO THE RIGHT.³



TAKE THESE PRECAUTIONS WHEN RETURNING TO NORMAL ACTIVITIES

WEAR A [MASK](#)

to help prevent the spread of respiratory viruses. Pick up a mask for free at [various campus locations](#).



TAKE A COVID-19 HOME ANTIGEN TEST as a screening tool when you will be around others indoors.

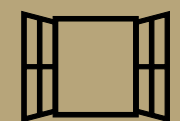


PRACTICE [GOOD HYGIENE](#)

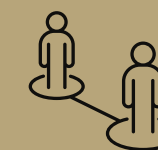
by covering sneezes and coughs, washing your hands often, and cleaning common surfaces.



WHEN POSSIBLE, OPEN WINDOWS, gather outdoors, and use [well-ventilated spaces](#).



WHEN POSSIBLE, PRACTICE [PHYSICAL DISTANCING](#) between yourself and others.



STAY UP TO DATE on immunizations that are recommended for you.



NOTIFY CLOSE CONTACTS.

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

REPORT A WORKPLACE EXPOSURE.¹

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

Individuals with [risk factors](#) for severe illness from respiratory viruses should contact their healthcare provider to ask about their treatment plan. Antiviral treatments are most effective if started soon after testing positive.

¹ 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.

² You **do not** need a negative COVID-19 test before returning to normal activities if the other conditions specified here have been met.

³ Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were. If you develop a fever or you start to feel worse after you have gone back to normal activities, follow [CDC guidance](#) for returning to normal activities.