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### **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 <u>very sick</u> from COVID-19 (per CDC), consult your healthcare provider for isolation guidance, <u>treatments available</u>, and <u>telehealth options</u> that can reduce your chances of being hospitalized.

#### **NOTIFY CLOSE CONTACTS.**

You are strongly encouraged to notify others you may have <u>exposed</u>.

#### **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 <u>well-fitting mask</u> or respirator for 10 days when indoors around others at home and in public.<sup>2</sup>

#### REPORT IF WORKPLACE EXPOSURE. 4

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 <u>here</u>.

#### **SCENARIO 2:**

You were <u>exposed</u> to an individual who tested positive for COVID-19.

Individuals with <u>risk factors</u> 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 <u>here</u>.

# Do you have <u>symptoms</u>? YES NO

#### STAY HOME AND SELF-ISOLATE.

Do not go to work and/or class.

Wear a <u>well-fitting mask or respirator</u> while waiting for your test results and while you have symptoms.

#### **GET TESTED IMMEDIATELY.**

Remain at home until you receive your test result.

#### 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.

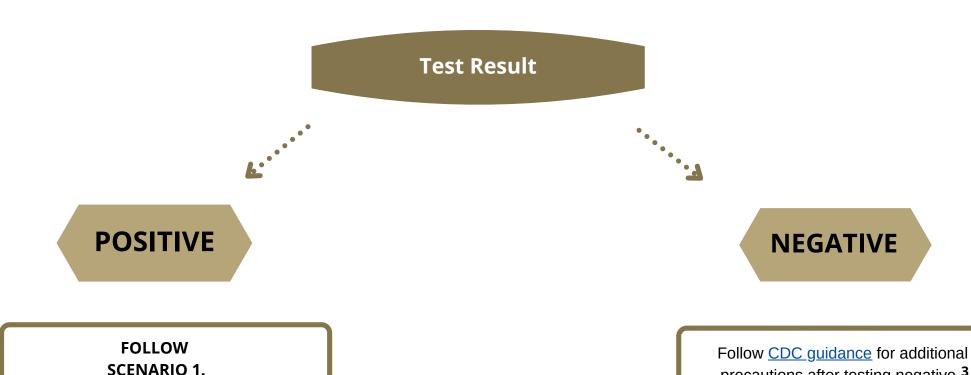
Watch for symptoms through day 10.

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.

precautions after testing negative <sup>3</sup>



#### SCENARIO 3:

You have one or more COVID-19
<a href="mailto:symptoms">symptoms</a> 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 <u>well-fitting mask</u> or respirator while waiting for your test results.

#### **GET TESTED IMMEDIATELY.**



POSITIVE

NEGATIVE

FOLLOW SCENARIO 1. Follow <u>CDC guidance</u> 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 <a href="https://www.commons.com/www.commons.com/www.commons.com/www.commons.com/www.com/www.com/www.com/www.com/www.com/www.com/www.com/www.com/www.com/ww.com

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

- <sup>1</sup> Follow CDC guidance for <u>ending self-isolation</u> 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 <u>remove your mask</u> sooner than day 10.
- 3 You can continue to <u>report all at-home test results</u> (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.