COVID-19 PUBLIC HEALTH FLOWCHART

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 the UW 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.

COMPLETEN 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.

DON'T DELAY; SEEK TREATMENT.
If you test positive and are more likely to get severe symptoms (symptoms that reduce your chances of being hospitalized or dying from the disease), please contact your healthcare provider and follow instructions in Scenario 2.

If your symptoms improve after 5 days of isolation?

YES

End isolation after day 5 if you are fever-free for 24 hours without the use of fever-reducing medication and your symptoms have improved.

NO

Follow additional precautions through day 10.

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 unable 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.

If your symptoms have improved, you may remove your mask sooner than day 10.

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

OnChange your schedule to the extent possible to avoid close contact with others who are not already under isolation. Call your healthcare provider to discuss your situation. If you have not already been notified by the University, contact covidehc@uw.edu.

Do you have symptoms?

YES

STAY HOME AND SELF-ISOLATE.

If you have symptoms, get tested immediately.

If you 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.

If you have symptoms, follow instructions in Scenario 2.

NO

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. 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.

FOLLOW SCENARIO 1.

If you tested using an at-home rapid antigen test, test again with another at-home rapid antigen test after another at-home rapid antigen test in 48 hours or get a PCR lab test to confirm your result. Watch for symptoms and wear a mask around others outside of your household for 10 days since your last exposure. If you develop symptoms, follow instructions for close contacts with symptoms in Scenario 2.

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

YES

NO

GET TESTED IMMEDIATELY.

If you tested using an at-home rapid antigen test, continue to stay home until a second test is completed to confirm your result. A PCR test is the preferred second test and can be taken anytime, or you can wait 48 hours and then make another at-home rapid antigen test. Take at least two home tests 48 hours apart if PCR testing is not available.

You must test negative twice 48 hours apart to support national public health efforts (NEW as of 2/14/23). Individuals participating in the Husky Coronavirus Testing research study can pick up or request a self-test PCR kit and submit one nasal swab to be tested for three different viruses: COVID-19, RSV, and Influenza. 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 Public Health Flowchart upon return.

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 unable 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.

If your symptoms have improved, you may remove your mask sooner than day 10.

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, 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 until a second test is completed to confirm your result. A PCR test is the preferred second test and can be taken anytime, or you can wait 48 hours and then make another at-home rapid antigen test. Take at least two home tests 48 hours apart if PCR testing is not available.

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Individuals with risk factors for COVID-19 and its complications should 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.

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.
6. You can now report all at-home test results (negative and positive) to support national public health efforts (NEW as of 2/14/23). 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/resources/covid-19-public-health-requirements-and-guidance-flowchart1175 for a text-only version.