

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

**You are experiencing respiratory virus symptoms.**  
OR  
**You were exposed to someone with a respiratory illness.**

**Do you have [symptoms](#)?**

**YES**

**STAY HOME AND AWAY FROM OTHERS.**

Do not go to work or class.  
Stay at home except when seeking medical care.  
Consider getting [tested](#) to decide on treatment options or whether to be around others, especially for those at [risk](#) for severe illness.  
Follow [CDC guidance](#) to help prevent the spread of respiratory viruses.

*You are strongly encouraged to notify others you may have exposed.*  
*If you are UW personnel and believe your illness was due to a workplace exposure, please submit an OARS [incident report](#).<sup>1</sup>*

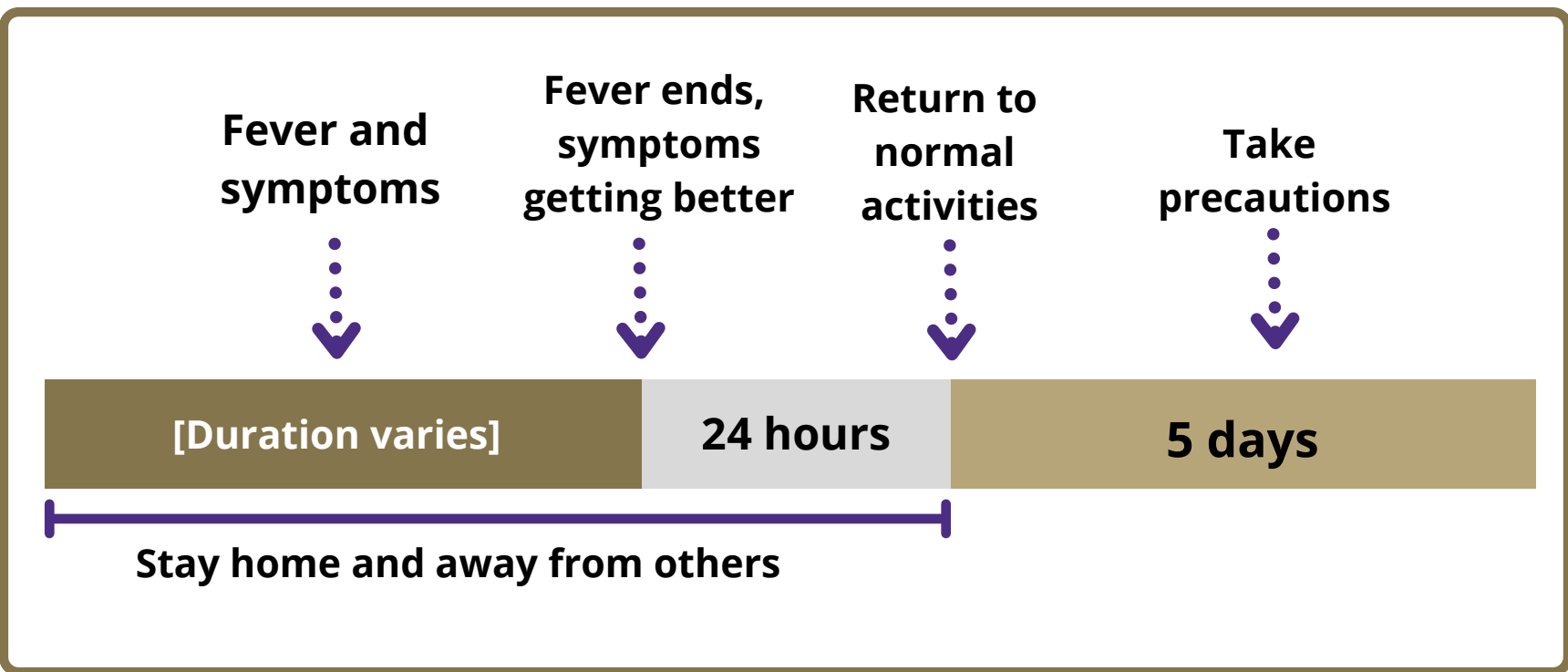
**RETURN TO NORMAL ACTIVITIES WHEN:<sup>2</sup>**

**During the past 24 hours,**  
Your symptoms have significantly improved and do not interfere with job duties.  
**AND**  
You have been fever-free for at least 24 hours without using fever-reducing medications.

**YOU CAN RETURN TO WORK AND CLASS.**

*If symptoms develop, stay home and follow [CDC guidance](#) to help prevent the spread of respiratory viruses.*

**TAKE [PRECAUTIONS](#) FOR THE NEXT 5 DAYS.**  
(Noted at right).



**TAKE THESE PRECAUTIONS WHEN RETURNING TO NORMAL ACTIVITIES<sup>3</sup>**

**WEAR A [MASK](#)**

to help prevent the spread of respiratory viruses.



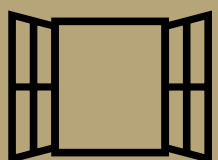
**PRACTICE [GOOD HYGIENE](#)**

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



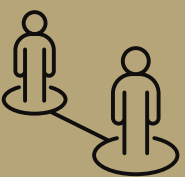
**OPEN WINDOWS**

(when possible), gather outdoors, and use [well-ventilated spaces](#).



**PRACTICE [PHYSICAL DISTANCING](#)**

between yourself and others when possible.



**[STAY UP TO DATE](#)**

on immunizations that are recommended for you.



<sup>1</sup>If a supervisor believes their workforce is experiencing an outbreak (more than 10% of personnel are out sick with the same illness), contact EH&S for assistance.

<sup>2</sup>You do **not** need a negative test before returning to normal activities if the other conditions specified here have been met.

<sup>3</sup>Keep in mind 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 such as 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](#).