COVID-19 PUBLIC HEALTH REQUIREMENTS AND GUIDANCE

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

SCENARIO 2:

You are current on COVID-19 vaccination and booster doses and/or you have tested positive for COVID-19 in the past 90 days.

SCENARIO 1:

You tested positive for COVID-19.

Regardless of your vaccination status and regardless of whether or not you have symptoms.

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 by a contact tracer.

Enter your WA Notify PIN.

Your contact tracer will give you a PIN number to enter in your mobile device to confidentially alert close contacts.

WEAR A MASK.

Wear a well-fitting surgical mask or KF94/KN95/N95 when around others at home and in public for 5 additional days (through day 10). Follow additional CDC restrictions for travel, eating, and other activities.

COMPLETE THE ELECTRONIC SURVEY.

The COVID-19 Response and Prevention Team will send you 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.

Students in residence halls follow additional requirements communicated by the contact tracer.

If you take a home rapid COVID Antigen (Ag) test at 5 days or after and it is positive, you should continue isolation for a full 10 days.

You do not need to stay home. You can return to work and/or class.

Wear a well-fitting surgical mask or KF94/KN95/N95 when around others at home and in public for 10 days.

GET TESTED IMMEDIATELY.

Get tested at least 5 days after exposure or immediately if you are unsure when you were exposed.

SCENARIO 3:

You have a symptom(s) of COVID-19 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.

You can return to work or class if

a. you have not had a fever for at least 24 hours without using fever-reducing medication.

b. your symptoms have improved;

c. you were exposed.

Follow instructions for vaccinated close contacts with symptoms in Scenario 2.

You may return to work or class if

a. you were exposed and

b. your symptoms are severe or getting worse, stay home, notify covidehc@uw.edu and consult a health care provider.

You can return to work or class if

a. you were exposed and

b. your symptoms are severe and you were not exposed.

Contact covidehc@uw.edu get tested immediately. Stay home for 5 days from symptom onset or as directed by a contact tracer.