Dear [first\_name],

Our UW COVID-19 Response & Prevention Team wishes you a smooth recovery. Guidance for after testing positive is provided below and available in other languages [here.](https://kingcounty.gov/depts/health/covid-19/languages.aspx)

*If you prefer to receive this information over the phone,* please reply to this email or leave a message at 206.616.3344 with your language preference, and we will get back to you as soon as possible.

**Stay home and away from others until at least the end of the day on [case\_date\_fu\_survey].** Physical distancing from other people is required until 5 days after your symptoms started or if you do not have symptoms, from when you first tested positive. Follow [CDC isolation guidance](https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html) to prevent any further spread to others.

*If you live in a residence hall****,*** housing personnel will contact you to discuss on-campus isolation arrangements. If you must leave your bedroom or enter a shared household space while infectious, wear a snugly fitting mask over your nose and mouth, disinfect surfaces after use and ventilate the areas.

**Care for your physical and mental health.**

* [Guidance on how to care for yourself or others with COVID-19.](https://kingcounty.gov/depts/health/covid-19/care/self-care.aspx)
* Learn about [mental health resources.](https://wellbeing.uw.edu/topic/mental-health/)
* Monitor your symptoms, including taking your temperature daily. If you are concerned about your symptoms, call your healthcare provider or 9-1-1 for a medical emergency.
* If you do not have a healthcare provider, utilize one of the options below:
  + Call the King County COVID-19 call center at 206-477-3977.
  + Current UW Seattle Campus students may call the Hall Health nurse advice line at 206-616-2495 8:00 a.m. - 5:30 p.m. At all other times, call the 24-hour Community Care Line at 206-520-7511.
  + UW Tacoma students may receive care at St. Joseph Medical Center, <https://www.tacoma.uw.edu/sh/locations>, 1812 S. J Street, suite 120, 253-428-2200. Listen to the menu to hear which button to press for UWT students. If going into the clinic for care, you must bring your husky ID card.
* If you have a medical appointment, notify the healthcare provider's office in advance that you have COVID-19 so that they can prepare for your visit.
* If you are at high risk of getting very sick from COVID-19, early intervention with treatments and medications can reduce the risk of severe illness and hospitalization. Speak to your health care provider to determine your eligibility for [COVID-19 therapeutics](https://doh.wa.gov/emergencies/covid-19/treatments).

**Encourage those you have been in close contact with to follow** [**public health guidance**](https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html)**.** Notify the UW contact tracing team of close contacts that occurred on campus. We will provide those individuals with guidance without disclosing your name or other identifying information.

**Arrange for an absence from work or school.**

*If you are a student****,*** contact your instructor(s) or academic advisors if you need to miss classes (in-person or remote) during isolation and how best to fulfill course requirements.

* Our UW COVID-19 Response Team will also contact your class instructor(s) to inform them of your need to isolate.
* Your instructor(s) may send a communication to other students in your class to alert them to their possible exposure to COVID-19. We will inform your instructor(s) not to include your name or identifying information.

*If you have a job with the University****,*** contact your supervisor and human resources and notify them that you tested positive for COVID-19.

* Our UW COVID-19 Response Team will also confidentially contact your supervisor to inform them of your need to isolate. There may be communication sent from your department to people with whom you work. We will inform your supervisor not to include your name or identifying information.
* For guidance on UW's COVID-related leave policies, please see this [UW HR](https://hr.uw.edu/) webpage or contact [hrleaves@uw.edu](mailto:hrleaves@uw.edu) (for staff employees) or [apleaves@uw.edu](mailto:apleaves@uw.edu) (for academic personnel employees).
* As a UW employee, you have the benefit of participation in [CareLink](https://hr.uw.edu/benefits/uw-carelink/), which can provide support for a variety of life issues, including challenges related to COVID-19.

*If you work in a healthcare setting*, contact your respective [Employee Health Center](https://www.ehs.washington.edu/workplace/employee-health-center) or clinic supervisor. Policies range from clinic to clinic regarding isolation, quarantine, and return to work.

**Follow public health guidance to end isolation.**

Regardless of COVID-19 test results, you may end isolation after day 5 if:

* *You are fever-free for 24 hours (without the use of fever-reducing medication)*

*AND*

* *Your symptoms are improving*

If you still have a fever or your other symptoms have *not* improved, continue to stay home and away from others until you have no fever for 24 hours and symptoms improve.

If you took Paxlovid or another antiviral medication as treatment for your COVID-19 infection, please monitor for COVID-19 rebound for 2-8 days after initial recovery. If you get new symptoms or test positive with a rapid antigen test 2-8 days after recovery, you need to re-isolate for at least 5 days. E-mail [covidehc@uw.edu](mailto:covidehc@uw.edu) for guidance if this happens to you.

Before returning to campus, complete the survey UW EH&S emails to you on your last day of isolation. We ask for an update on your health status so we can follow up if needed.

We do not recommend taking a PCR test for 90 days after your isolation period**.** Please note that after a positive test result, you may continue to test positive for up to 90 days, even after you are no longer infectious to others. You should test again if you have a new exposure to someone who tested positive AND you are experiencing symptoms; in this situation, you may need to isolate yourself again.

[**Get vaccinated and boosted for COVID-19**](https://kingcounty.gov/depts/health/covid-19/vaccine.aspx)**.**

Additional information and University resources can be found on the [UW COVID-19 webpage](https://www.washington.edu/coronavirus/). If you have any questions, contact the [EH&S (Environmental Health & Safety) COVID-19 Response Team](https://www.ehs.washington.edu/covid-19-prevention-and-response/covid-19-health-and-safety) at [covidehc@uw.edu](mailto:covidehc@uw.edu) or 206.616.3344.

Best regards,

[int\_name]

Public Health Specialist

UW Environmental Health & Safety Department

COVID Response & Prevention Team

[covidehc@uw.edu](mailto:covidehc@uw.edu) / 206.616.3344

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