What to do if a Person is Symptomatic

These recommendations are for the general public, not including health care settings or schools. For K-12 schools information, see the Symptom Decision Tree and Contact Tracing Checklist for K-12 Schools.

Isolate at home while confirming diagnosis if a person has one or more of these new, changed, or worsening symptoms:
- Fever (≥100.4°F) or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- New loss of taste or smell
- Congestion or runny nose
- Nausea, vomiting, or diarrhea
- Headache
- Fatigue
- Sore throat
- Cough

Are symptoms consistent with a diagnosed chronic illness?

Are they a known close contact?

Complete home testing, a community-based test, or see a provider.

If they do not receive an alternative named diagnosis from a health care provider OR do not get tested

They test POSITIVE for COVID-19

They test NEGATIVE for COVID-19 OR receive an alternative named diagnosis from a health care provider

Are they a known close contact?

Stay home

Identify close contacts

See Tree 2 for what close contacts should do

They can return to community and most workplaces after 5 days have passed since symptoms first appeared if:
1. No fever within the past 24 hours (without medication)
   AND
2. Symptoms have improved
3. They continue to wear a mask around others for an additional 5 days
4. Check your company’s protocol before returning to work
5. Avoid people who are immunocompromised and health care facilities and other high-risk settings, for at least 10 days
6. Refer to What to do if you test positive for COVID-19 for more information, including what to do if you cannot wear a mask and what to do in congregate settings

See Tree 2 for more information.

1 Close contact: Someone who was within 6 feet of a COVID-19 case(s) for a total of 15 minutes or more within 24 hours during the case’s contagious period. The definition of a close contact may vary in some situations. The local health department makes the ultimate determination of a close contact during its investigation, but may delegate this decision if appropriate.

2 If you cannot wear a well-fitting mask: You should complete the full 10-day isolation or quarantine at home. Follow the guidance in this document only if you can wear a well-fitting mask. See the What to do if you test positive for COVID-19 and What to do if you were potentially exposed to someone with COVID-19 documents for additional information.

Washington State Department of Health
DOH 820-234 January 26, 2022

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Identify and Care for Close Contacts

These recommendations are for the general public, not including health care settings or schools. For K-12 schools information, see the Symptom Decision Tree and Contact Tracing Checklist for K-12 Schools.

If someone is identified as a close contact of a person with COVID-19, is the exposed person (close contact) up-to-date on COVID-19 vaccinations OR have they tested positive in the past 90 days and recovered? (For persons who have tested positive in the past 90 days and recovered, use antigen tests in steps below.)

**YES**

**NO**

Do they have symptoms?

**YES**

**NO**

Quarantine not needed

<table>
<thead>
<tr>
<th>Person should:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Get tested at least five days after known exposure</td>
</tr>
<tr>
<td>2. Continue wearing a mask around others for 10 days after known exposure</td>
</tr>
<tr>
<td>3. Watch for symptoms for 10 days after close contact</td>
</tr>
</tbody>
</table>

Stay home

They can return to community and most workplaces if:

1. No fever within the past 24 hours (without medication)

2. Symptoms have improved

3. Continue wearing a mask around others for 10 days after close contact

**Isolate at home**

They can return to community and most workplaces after 5 days have passed since symptoms first appeared if:

1. No fever within the past 24 hours (without medication)

2. Symptoms have improved

3. They continue to wear a mask around others for an additional 5 days

4. Check your company’s protocol before returning to work

5. Avoid people who are immunocompromised and health care facilities and other high-risk settings, for at least 10 days.

6. Refer to What to do if you test positive for COVID-19 for more information, including what to do if you cannot wear a mask and what to do in congregate settings

**Isolate and Test for COVID-19**

They test NEGATIVE for COVID-19

They test POSITIVE for COVID-19 OR do not get tested

They test NEGATIVE for COVID-19

A confirmatory viral test may be needed. They should check with their health care provider.

**Quarantine at home**

They can return to community and most workplaces after 5 days have passed since last close contact if:

1. If they can test, they test negative on or after day five since last close contact

2. Continue wearing a mask around others for an additional 5 days

3. They remain without symptoms and watch for symptoms for 10 days after close contact

4. Refer to What to do if you were potentially exposed to someone with COVID-19 for information, including what to do if you cannot wear a mask, testing and quarantine details, and what to do in congregate settings

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1 A person is up-to-date on COVID-19 vaccinations when they have received their primary series AND additional doses or booster doses when eligible based on health status and age.

2 Confirmatory viral test may be a NAAT or an additional antigen test.