What to do if a Person is Symptomatic

These recommendations are for K-12 schools, child care, and connected extra-curricular activities.

If a person has one or more of these symptoms:

- Fever (≥100.4°F) or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- New loss of taste or smell
- Cough (new, changed, or worsening)

They should isolate at home AND get tested for COVID-19

- Congestion or runny nose
- Nausea, vomiting, or diarrhea
- Headache
- Fatigue
- Sore throat

They should isolate at home

Was only ONE symptom present?

Did the symptom resolve within 24 hours OR are they consistent with a diagnosed chronic illness?

1. No fever within the past 24 hours (without medication) AND
2. Symptoms have significantly improved
3. Wear a mask around others days 6–10 OR test negative with an antigen test to return without a mask

If they cannot wear a mask and do not test negative after day five, they must continue isolating through day 10.

They can return to school, child care, and activities after five days have passed since symptoms first appeared if:

1. No fever within the past 24 hours (without medication) AND
2. Symptoms have significantly improved AND
3. Wear a mask around others days 6–10 OR test negative with an antigen test to return without a mask

If they cannot wear a mask and do not test negative after day five, they must continue isolating through day 10.

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What to do if You Receive an Exposure Notification or are Identified as a Close Contact*

These recommendations are for K-12 schools, child care, and connected extra-curricular activities.

Regardless of vaccination status, the following guidelines are recommended:

- Continue to attend school, child care, and activities.
- Monitor for symptoms for 10 days after exposure.
- Consider wearing a well-fitting mask for 10 days after exposure.
- Consider getting tested three to five days after exposure.

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Does the exposed person develop symptoms within 10 days of exposure?

**YES**

- Isolate at home and test for COVID-19

**NO**

- Continue school, child care, and activities

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Did the exposed person get tested?

**YES**

- They test NEGATIVE for COVID-19**

- They test POSITIVE for COVID-19

**NO**

- Return to school, child care, and activities
- They can continue to attend school, child care, and participate in all activities
  - Consider wearing a well-fitting mask for 10 days after exposure
  - Consider getting tested three to five days after exposure

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Return to school, child care, and activities

They can return to school, child care, and activities after five days have passed since symptoms first appeared if:

1. No fever within the past 24 hours (without medication)
2. Symptoms have significantly improved
3. Wear a mask around others days 6–10 OR test negative with an antigen test to return without a mask

If they cannot wear a mask and do not test negative after day five, they must continue isolating through day 10.

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*Close contact:* Someone who was within 6 feet of a COVID-19 positive person for a total of 15 minutes or more within 24 hours during the case’s contagious period. While contact tracing is generally not required in schools and childcares, there are limited instances where schools or provider may notify a student or staff of a potential exposure and students, children and staff may learn of exposures or that they are close contacts through other systems and efforts.

**Confirmatory viral test (NAAT or an additional antigen test) may be required. Check with your health care provider.**