



# COVID-19 PUBLIC HEALTH FLOWCHART

UW Medicine medical facility personnel follow UW Medicine protocols and reporting procedures.  
School of Dentistry staff and students follow School of Dentistry guidance.

January 17, 2023 / [www.ehs.washington.edu](http://www.ehs.washington.edu)

## SCENARIO 1:

### You tested positive for COVID-19.

Regardless of your vaccination status and regardless of whether or not you have [symptoms](#).

#### REPORT IT.

Submit a [COVID-19 reporting form](#).

#### 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.<sup>3</sup> [Follow CDC isolation procedures](#).

#### SEND AN EXPOSURE NOTIFICATION VIA WA NOTIFY.

Go to Exposure Notifications on your mobile device to request a PIN and issue an anonymous notification.

#### COMPLETE THE ELECTRONIC SURVEY.

The COVID-19 Response and Prevention Team<sup>1</sup> will send a link to a health survey prior to the end of your isolation period.

#### DON'T DELAY; SEEK TREATMENT.

If you test positive and are more likely to get [very sick](#) from COVID-19 (per CDC), [treatments are available](#) that can reduce your chances of being hospitalized or dying from the disease.

### 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.<sup>3</sup>

Remain in isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved.<sup>2</sup> Contact [covidehc@uw.edu](mailto:covidehc@uw.edu) if you have questions.

Individuals with weakened immune systems and those who have [moderate or severe illness](#) should talk with their healthcare provider before [ending isolation](#).

#### FOLLOW ADDITIONAL PRECAUTIONS<sup>4</sup> THROUGH DAY 10.

Wear a [well-fitting high-quality mask \(surgical mask or KF94/KN95/N95 respirator\)](#) for 10 days when indoors around others at home and in public.<sup>5</sup> Do not go to places where you are unable to wear a mask. **Avoid travel** and follow additional [CDC precautions](#). Visit the CDC's [COVID-19 Testing](#) webpage for guidance on when to re-test.

## SCENARIO 2:

### You were in [close contact](#) with an individual who tested positive for COVID-19.

Notify [covidehc@uw.edu](mailto:covidehc@uw.edu) if your exposure was potentially related to workplace or campus activities (and you have not already been notified by the University).

Individuals with [risk factors](#) for COVID-19 complications should contact their healthcare provider now to ask about their treatment plan in the event of a positive test. Antiviral treatments are most effective if started soon after testing positive.

### Do you have symptoms?

YES

NO

#### STAY HOME AND SELF-ISOLATE.

Do not go to work and/or class, regardless of your vaccination status. Wear a [well-fitting surgical mask or KF94/KN95/N95](#) respirator while waiting for your test results and while you have symptoms. Masking is recommended when indoors and around others on campus.

#### GET TESTED IMMEDIATELY.

Remain at home until you receive your test result.

POSITIVE

FOLLOW SCENARIO 1.

NEGATIVE

If you use an at-home rapid antigen test, continue to stay home until a second test is completed to confirm your result. A PCR test is the preferred second test and can be taken anytime, or you can wait 48 hours and then take another at-home rapid antigen test. Take at least two home tests 48 hours apart if PCR testing is not available.

#### YOU CAN RETURN TO WORK AND/OR CLASS.

Wear a [well-fitting surgical mask or KF94/KN95/N95](#) respirator when around others at home and in public for 10 days. **Watch for symptoms** through day 10. If symptoms develop, follow instructions in Scenario 2.

#### GET TESTED AT LEAST 5 DAYS AFTER EXPOSURE

or immediately if you are unsure when you were exposed.

POSITIVE

FOLLOW SCENARIO 1.

NEGATIVE

If you tested using an at-home rapid antigen test, test again with another at-home rapid antigen test in 48 hours or get a PCR lab test to confirm your result. **Watch for symptoms and wear a mask** around others outside of your household for 10 days since your last exposure. If you develop symptoms, follow instructions for close contacts with symptoms in Scenario 2.

### Will you have ongoing close contact (e.g., household member has COVID-19)?

YES

NO

Follow [CDC guidance](#) for ongoing exposure and contact [covidehc@uw.edu](mailto:covidehc@uw.edu) if you have questions.

No further action is needed.

## SCENARIO 3:

### You have one or more COVID-19 symptoms but no known exposure to a COVID-19 positive individual.

#### STAY HOME AND SELF-ISOLATE.

Do not go to work and/or class, regardless of vaccination status.

Wear a [well-fitting, surgical mask or KF94/KN95/N95](#) respirator while waiting for your test results.

#### GET TESTED IMMEDIATELY.

POSITIVE

FOLLOW SCENARIO 1.

NEGATIVE

If you use an at-home rapid antigen test, continue to stay home until a second test is completed to confirm your result. A PCR test is the preferred second test and can be taken anytime, or you can wait 48 hours and then take another at-home rapid antigen test. Take at least two home tests 48 hours apart if PCR testing is not available. Individuals participating in the [Husky Coronavirus Testing](#) research study can pick up or request a self-test PCR kit and submit one nasal swab to be tested for three different viruses: COVID-19, RSV, and Influenza.

Individuals with risk factors for [COVID-19](#) and [flu](#) complications should contact their healthcare provider now to ask about further testing and a treatment plan in the event of a positive test. Antiviral treatments are most effective if started soon after testing positive.

You can remove your mask after symptoms resolve or confirming you do not have COVID-19 (by taking a PCR test or at least two antigen tests at least 48 hours apart), whichever is later.

<sup>1</sup>Contact [covidehc@uw.edu](mailto:covidehc@uw.edu) or 206.616.3344 to reach the COVID-19 Response and Prevention Team in the UW Environmental Health & Safety Department. Email is preferred.

<sup>2</sup>Follow CDC guidance for [ending self-isolation](#) if your symptoms are not improving and/or you had moderate or severe illness.

<sup>3</sup>Additional requirements are followed by students in residence halls and athletics programs.

<sup>4</sup>Read the University's [Isolation Guidance](#) for details.

<sup>5</sup>With two sequential negative tests 48 hours apart, you may [remove your mask](#) sooner than day 10.

People who also work in non-UW clinical settings contact their healthcare organization/clinical supervisor for guidance on returning to activities in those locations.

Visit [www.ehs.washington.edu/resource/covid-19-public-health-requirements-and-guidance-flowchart-1175](http://www.ehs.washington.edu/resource/covid-19-public-health-requirements-and-guidance-flowchart-1175) for a text-only version.