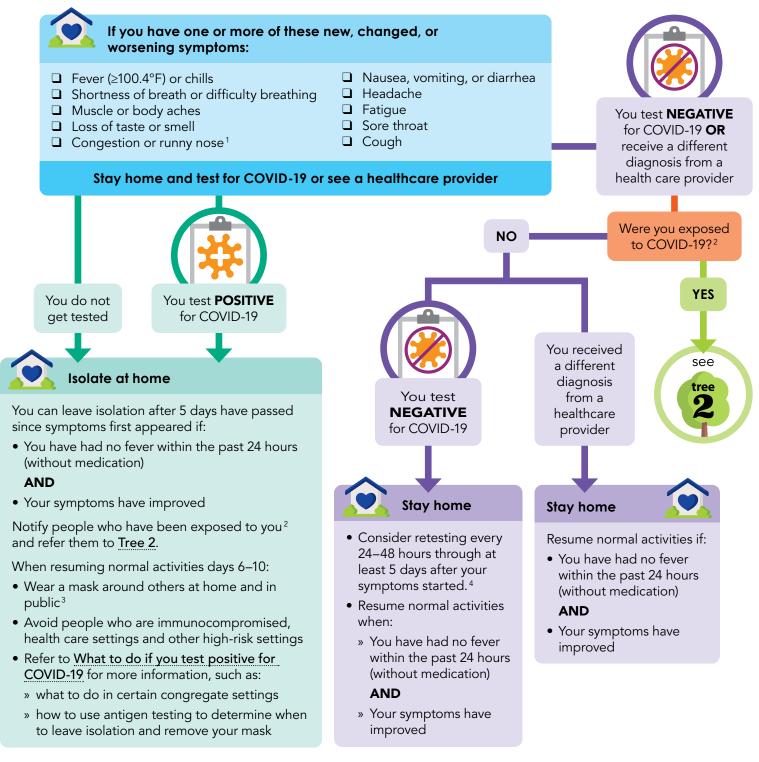
This document is being reviewed for updates. The Washington State Department of Health has updated its guidance for what to do if you are sick with COVID-19 or were exposed to COVID-19. These pages may have content that is inconsistent with the **new guidance**.

tree

What to do if you have COVID-19 symptoms

This decision tree is for the general public and non-health care settings, such as schools and child cares.



¹ If the person is under the age of two and ONLY has this symptom, testing and isolation are not required. If the child's symptoms worsen or persist beyond 5 days, contact a health care provider.

² Exposed to COVID-19: someone who was within 6 feet of a COVID-19 case for more than 15 minutes within a 24-hour period during the case's contagious period. The definition of a close contact may vary in some situations.

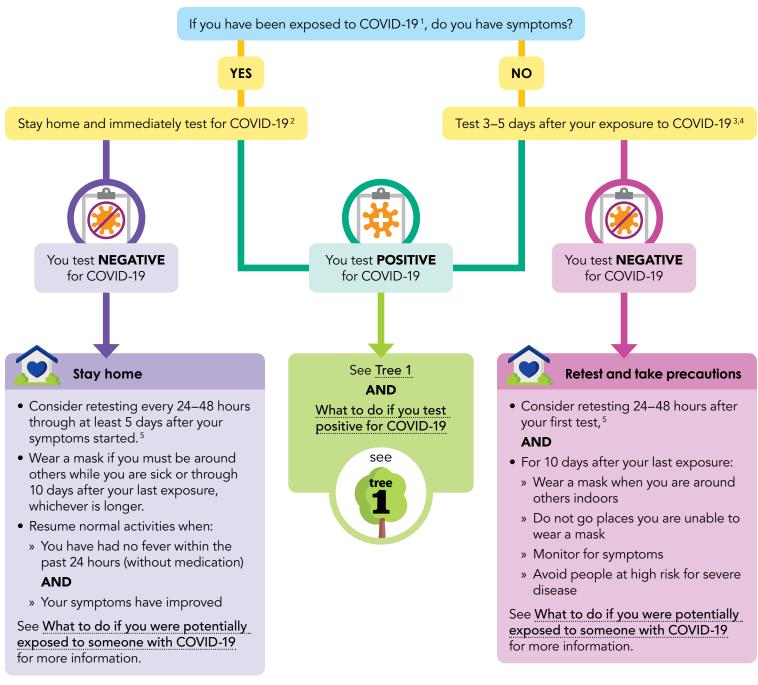
³ If you cannot wear a well-fitting mask, you should complete a full 10-day isolation at home.

⁴ See <u>Self-Testing Guidance for the Public</u> for additional information about using repeat testing if you test negative. If you tested negative with a molecular laboratory test (e.g., PCR), you do not need to repeat testing.

What to do if you have been exposed to COVID-19 _



This decision tree is for the general public and non-health care settings, such as schools and child cares.



¹ Exposed to COVID-19: someone who was within 6 feet of a COVID-19 case for more than 15 minutes within a 24-hour period during the case's contagious period. The definition of a close contact may vary in some situations.

- $^{\rm 2}$ If you tested positive in the past 90 days and have symptoms of COVID-19, use an antigen test (not a PCR test).
- ³ If you have tested positive in the past 30 days and recovered and do not have symptoms, testing again for COVID-19 is not recommended. You should, however, wear a well-fitting and high-quality mask around others, not go places you cannot wear a mask, monitor for symptoms, and avoid people at high risk for severe disease for 10 days after your last exposure.
- $^{\rm 4}$ If you tested positive in the past 30–90 days, use an antigen test (not a PCR test).
- ⁵ See <u>Self-Testing Guidance for the Public</u> for additional information about using repeat testing if you test negative. If you tested negative with a molecular laboratory test (e.g., PCR), you do not need to repeat testing.

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HEALTH