

# What to do if a Person is Symptomatic



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

## If a person has one or more of these symptoms:

- Fever ( $\geq 100.4^{\circ}\text{F}$ ) or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- New loss of taste or smell
- Cough (new, changed, or worsening)
- Nausea, vomiting, or diarrhea
- Fatigue
- Sore throat
- Congestion or runny nose\*



### Isolate at home and test for Covid-19

If the symptoms are not consistent with a diagnosed chronic illness

**OR** they do not receive an alternative named diagnosis from a health care provider

**OR** they do not get tested



They test **POSITIVE** for COVID-19



They test **NEGATIVE** for COVID-19



### Isolate at home

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

Additionally, individuals should wear a mask when around others days 6–10.\*\*



### Return to school, child care, and activities if:

1. No fever within the past 24 hours (without medication) **AND**
2. Symptoms have significantly improved

If symptoms persist, retest every 24–48 hours through at least five days after symptoms started.

**Child care providers should review their WAC and licensing requirements and follow any additional measures that are required.**



DOH 820-229 August 4, 2022 To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).

\* If the child is under the age of two and ONLY has congestion/runny nose with no other symptoms, testing is not required. If the child's symptoms worsen or persist longer than five days, follow the flowchart for children over two and it is highly recommended to contact a healthcare provider.

\*\* If you cannot wear a well-fitting mask: You should complete a full 10-day isolation at home. See the [K-12/child care guidance](#) for additional information.

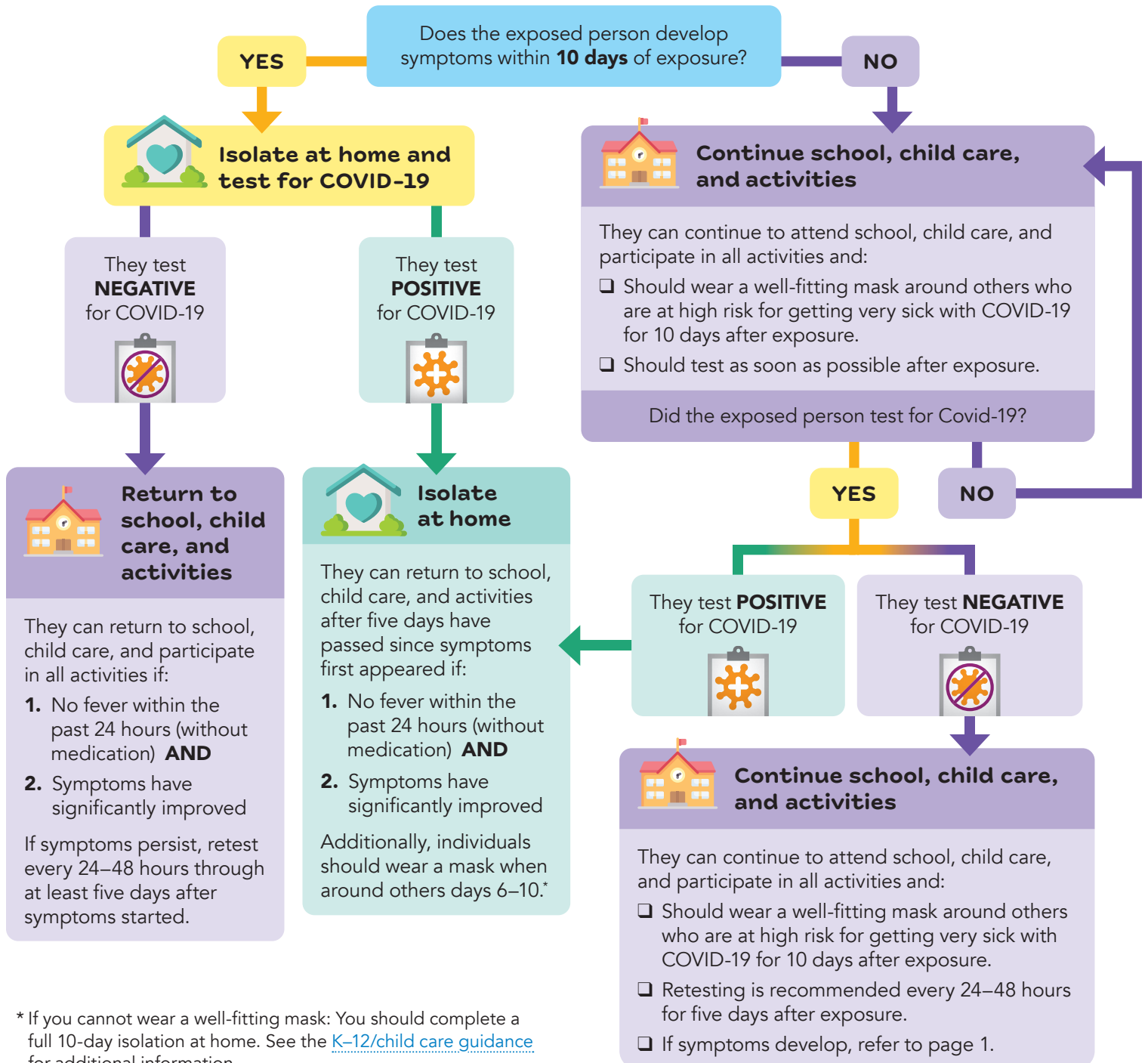
# What to do if you receive an exposure notification or think you have been exposed to COVID-19



These recommendations are for K-12 schools, child care, and connected extracurricular 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.
- Should test as soon as possible after exposure.
- Should wear a well-fitting mask for 10 days after exposure.



\* If you cannot wear a well-fitting mask: You should complete a full 10-day isolation at home. See the [K-12/child care guidance](#) for additional information.