

# What to do if you Have COVID-19 Symptoms, Was Exposed to COVID-19, or Tested Positive for COVID-19?

## Could I have COVID-19?

Common symptoms of COVID-19 are fever, cough, shortness of breath/difficulty breathing. Other symptoms may include chills, muscle or body aches, nausea/vomiting, diarrhea, fatigue, congestion or runny nose, headache, sore throat, and new loss of taste or smell. You might have COVID-19 if you have one or more of these symptoms.

## Should I get tested for COVID-19?

The Washington Department of Health and Snohomish Health District recommend you get tested if you have symptoms of COVID-19, or if you have been exposed to someone with confirmed COVID-19. Contact your health care provider for a test.

## When Can I Return to SVLL After a Positive COVID-19 Test?

At least **10 days** have passed since symptoms first started; **AND** at least 24 hours have passed since recovery – defined as no fever without the use of medications and improvement in respiratory signs like cough and shortness of breath.

## When Can I Return to SVLL After a Negative COVID-19 Test?

You can return 24 hours after fever resolves and symptoms are improving.

## When Can I Return to SVLL if I DO NOT Receive a COVID-19 Test?

At least 10 days after symptom onset **AND** at least 24 hours after fever has resolved and symptoms improved.

## Staff Member, Student, or Someone in the Household was in Close Contact (Exposed) to Someone With COVID-19:

Even if someone is not showing symptoms, they must still quarantine at home after being exposed to someone with COVID-19. They can return to SVLL once it has been 14 days since last close contact and they do not display any COVID-19 like symptoms. If they develop symptoms, please contact a healthcare provider.

## Staff Member, Student, or Someone in the Household was Diagnosed with COVID-19:

Even if someone is not showing symptoms, they must still quarantine at home if they are living with someone diagnosed with COVID-19. They can return to SVLL once it has been 14 days since the last member of the household cleared their quarantine period. Contact the Snohomish Health District or your school nurse if assistance is needed in determining a safe return to SVLL date.

# When Can I Return to SVLL?

## If I Tested POSITIVE for COVID-19...

Date I First Felt Sick	Date 10 Days Later	My Other Symptoms Got Better on	My Fever was Gone on	Date 24 Hours After Fever	Circle the latest date. Stay home until:

## If I have Symptoms and Tested NEGATIVE for COVID-19...

Date I First Felt Sick	My Other Symptoms Got Better on	My Fever was Gone on	Date 24 Hours After Fever	Circle the latest date. Stay home until:

## If I have Symptoms and did NOT get Tested for COVID-19...

Date I First Felt Sick	Date 10 Days Later	My Other Symptoms Got Better on	My Fever was Gone on	Date 24 Hours After Fever	Circle the latest date. Stay home until:

## If I or Someone in my Household was EXPOSED to COVID-19...

Last day of contact with COVID-19 person	14 days since last close contact with COVID-19 person	Do you or anyone in your household have any COVID-19 like symptoms?	Circle the latest date. Stay home until:
		<b>YES</b> —Remain at home and contact a healthcare provider  <b>NO</b> —You may proceed with your return to SVLL date	

## If Someone in my Household was DIAGNOSED with COVID-19...


Start date of last household member's quarantine period	14 days since last household member's quarantine start date	Do you or anyone in your household have any symptoms?	Circle the latest date. Stay home until:
		<b>YES</b> —Remain at home and contact a healthcare provider  <b>NO</b> —You may proceed with your return to SVLL date	

**Before you can return to school, you must call your Supervisor or School Nurse for authorization to return.**


# COVID-19 From Exposure to Feeling Better



## If you were exposed to COVID-19...



1. Stay home.
2. Watch for symptoms.
  - Fever
  - Cough
  - Shortness of breath
  - Chills
  - Muscle pain
  - Headache
  - Sore throat
  - Loss of taste or smell



Symptoms appear **2 to 14 days** after exposure.



## If you have COVID-19 or COVID-19 symptoms...



1. Stay home.



2. Don't go to work or visit with others outside your home.



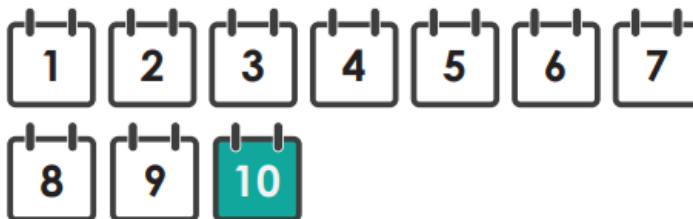
3. Call your doctor if you have symptoms, especially if you are over 65, have other health conditions, or are pregnant.

### Stay in isolation until...

1. **24 hours** after your fever is gone without using medicine. 
- AND**
2. **Your other symptoms have improved** (for example, cough or shortness of breath).

**AND**

3. **Ten days** after your symptoms started.



### How long do I have to stay home? (Fill in the blanks)

Date I first felt sick:	Date 10 days later:	My fever was gone on:	Date 24 hours later:	My other symptoms got better on:	Circle the latest date. Stay home until:
<b>EXAMPLE</b> April 10	<b>EXAMPLE</b> April 20	<b>EXAMPLE</b> April 15	<b>EXAMPLE</b> April 16	<b>EXAMPLE</b> April 21	<b>EXAMPLE</b> April 21



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Visit [DOH.WA.GOV/Coronavirus](https://DOH.WA.GOV/Coronavirus) or [Coronavirus.wa.gov](https://Coronavirus.wa.gov), call **1-800-525-0127** and press # for interpreter services, or text the word **Coronavirus** to **211211** for more information.

# QUARANTINE



## What is the difference?



If you were exposed to COVID-19 but do not have symptoms, you will be asked to **QUARANTINE**.

### Why?

To avoid spreading the virus before you know if you're sick.



### How?

Stay home and avoid contact with anyone who is not a household member.



### Should I get tested?

Contact your health care provider for a test if:

- you develop COVID-19 symptoms, or
- you were in close contact with someone who has COVID-19, or
- you are exposed to many people where you live or work.

If you test positive for COVID-19 or develop symptoms during quarantine, you need to **ISOLATE**. → → →

### Quarantine ends:

**14 days after** last contact with ill person.



# ISOLATION

If you test positive for COVID-19 or have symptoms, you will be asked to **ISOLATE**.

### Why?

To avoid spreading your illness.



### How?

Stay home and avoid contact with others, including household members. Stay in a separate room and use a separate bathroom, if possible.



### Isolation ends:

1. **At least 24 hours** after fever is gone without using medicine.



**AND**

2. **Other symptoms have improved** (for example, cough or shortness of breath).

**AND**

3. **Ten days** after last contact with ill person.

