

# Evaluation and Management of Persons with New Unexplained Symptoms of COVID-19

Schools, child care facilities, and non-health care workplaces can use this guidance to make decisions about how long sick individuals should stay home.

## What to do if someone has COVID-19 symptoms but has not been around anyone diagnosed with COVID-19

### **What are the symptoms of COVID-19?**

People with these symptoms or combination of symptoms may have COVID-19:

- Fever
- Cough
- Shortness of breath
- Chills
- New loss of taste or smell
- Headache
- Fatigue
- Muscle or body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea (at least 2 loose stools in the past 24 hours)

Sometimes we describe COVID-19 symptoms as “class A” or “class B” to decide how long a person should isolate. Table 1 shows which symptoms are in each class.

### **Who should get tested for COVID-19?**

Anyone with COVID-19 symptoms should get tested, even if they have not been around anyone diagnosed with COVID-19. People who have COVID-19 symptoms but have not been around anyone diagnosed with COVID-19 should consider visiting a health care provider.

### **Who should stay home from work?**

Anyone with COVID-19 symptoms should not go to work and stay home, including critical infrastructure essential workers. If someone starts having COVID-19 symptoms while they are at work, they should go home immediately.

## How long should someone with COVID-19 symptoms stay home?

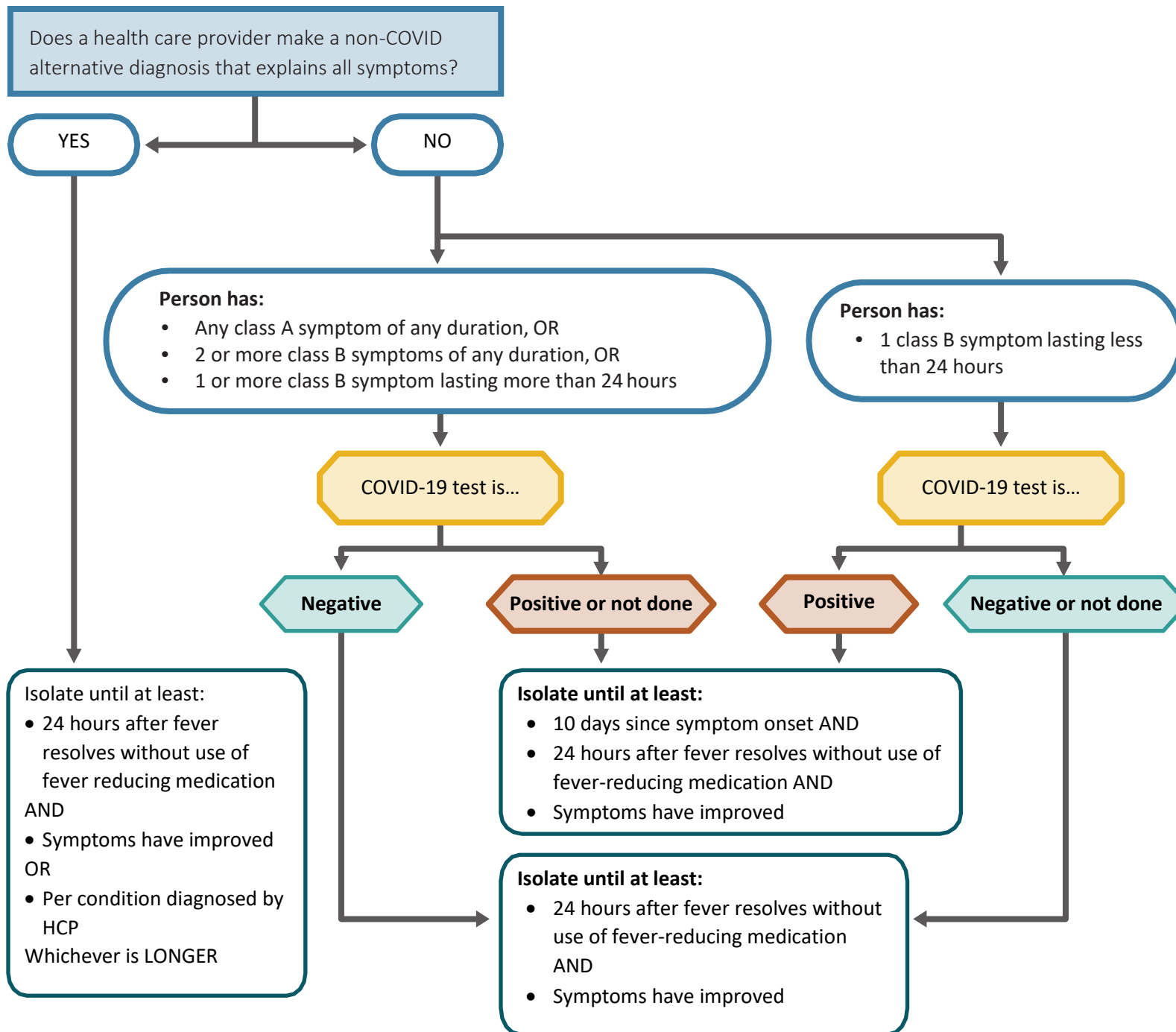
The amount of time someone should stay home if they have COVID-19 symptoms can be different depending on:

- Which symptoms they have (class A or B)
- If a health care provider diagnosed them with something other than COVID-19 that explains all symptoms
- Results of the COVID-19 test

**See Table 1 below and the flow chart on the next page to decide how long sick individuals should stay home.**

**Table 1: Symptoms Consistent with COVID-19**

<b>Class A Symptoms</b>	<b>Class B Symptoms</b>
<ul style="list-style-type: none"><li>• Fever (subjective or greater than or equal to 100.4°F)</li><li>• Chills</li><li>• Cough</li><li>• Loss of sense of taste and/or smell</li><li>• Shortness of breath</li></ul>	<ul style="list-style-type: none"><li>• Fatigue</li><li>• Headache</li><li>• Muscle or body aches</li><li>• Sore throat</li><li>• Congestion or runny nose</li><li>• Nausea or vomiting</li><li>• Diarrhea (at least 2 loose stools in 24 hours)</li></ul>



## What to do if someone has COVID-19 symptoms and has confirmed or suspected exposure to COVID-19

### What does it mean to have an exposure to COVID-19?

Exposure to COVID-19 means that someone has been within 6 feet of a person with a confirmed COVID-19 infection for a cumulative total of 15 minutes or more over a 24-hour period.

### Who should isolate?

Anyone who has been exposed to COVID-19 and has symptoms should isolate at home away from others. See Table 2 to decide how long to isolate.

### What if someone was exposed to COVID-19 but does not have symptoms?

Stay in quarantine for 14 days after your last contact. **This is the safest option.** Monitor your symptoms during this time, and if you have any COVID-19 symptoms during the 14 days, get tested. Certain high risk settings or groups **should** use the 14 day quarantine option:

- People who work or stay in an acute or long-term healthcare setting,
- People who work or stay in a correctional facility,
- People who work or stay in a shelter or transitional housing,
- People who live in communal housing such as dormitories, fraternities or sororities,
- People who work in crowded work situations where physical distancing is impossible due to the nature of the work such as in a warehouse or factory,
- People who work on fishing or seafood processing vessels.

If this is not possible, stay in quarantine for 10 days after your last contact, without additional testing. If you have any COVID-19 symptoms during the 10 days, stay in quarantine the full 14 days and get tested. Keep watching for symptoms until day 14.

Under special circumstances it may be possible to end quarantine after 7 full days beginning after your last contact *and* after receiving a negative result from a test (get tested no sooner than 48 hours before ending quarantine.) *This will depend on availability of testing resources.* Keep watching for symptoms until day 14.

*Note: Consult with your local health jurisdiction to determine the best option for your individual circumstances.*

### What is the difference between isolation and quarantine?

- **Isolation** is what you do if you have COVID-19 symptoms, or have tested positive for COVID-19. Isolation means you stay home and away from others (including household members) for the recommended period of time to avoid spreading illness.
- **Quarantine** is what you do if you have been exposed to COVID-19. Quarantine means you stay home and away from others for the recommended period of time in case you are infected and are contagious. Quarantine becomes isolation if you later test positive for COVID-19 or develop COVID-19 symptoms.

See [this infographic](#) for more information about isolation and quarantine.

## How long should someone stay home if they have COVID-19 symptoms and have confirmed or suspected exposure to COVID-19?

See Table 2 on next page for isolation or quarantine recommendations for people with COVID-19 symptoms who were exposed to COVID-19 in the 14 days before having symptoms.

Table 2: Recommendations for people with COVID-19 symptoms and confirmed or suspected exposure

COVID-19 Test Result	Recommendation
Positive	Isolate until at least: <ul style="list-style-type: none"> <li>• 10 days since symptoms started (<a href="#">up to 20 days for those who are severely ill or immunocompromised</a>) <b>AND</b></li> <li>• 24 hours after fever resolves without use of fever reducing medications <b>AND</b></li> <li>• Symptoms have improved</li> </ul>
Negative	Quarantine at home away from others until: <ul style="list-style-type: none"> <li>• 14 days after last exposure</li> </ul> <b>OR</b> Isolate until at least: <ul style="list-style-type: none"> <li>• 10 days since symptoms started (<a href="#">up to 20 days for those who are severely ill or immunocompromised</a>) <b>AND</b></li> <li>• 24 hours after fever resolves without use of fever reducing medications <b>AND</b></li> <li>• Symptoms have improved</li> </ul> Whichever is longer
No Test Performed	Isolate until at least: <ul style="list-style-type: none"> <li>• 10 days since symptoms started (<a href="#">up to 20 days for those who are severely ill or immunocompromised</a>) <b>AND</b></li> <li>• 24 hours after fever resolves without use of fever reducing medications <b>AND</b></li> <li>• Symptoms have improved</li> </ul>

## More COVID-19 Information and Resources

Stay up to date on the [current COVID-19 situation in Washington](#), [Governor Inslee’s proclamations](#), [symptoms](#), [how it spreads](#), and [how and when people should get tested](#). See our [Frequently Asked Questions](#) and [Resources and Recommendations](#) for more information.

The risk of COVID-19 is not connected to race, ethnicity or nationality. [Stigma will not help to fight the illness](#). Share accurate information with others to keep rumors and misinformation from spreading.

**Questions about COVID-19?** Call our hotline at **1-800-525-0127 and press #**. For interpretative services, say your language when the call is answered. **Hotline hours:** 6 a.m. to 10 p.m. Monday-Friday and 8 a.m. to 6 p.m. on weekends. For questions about your health, COVID-19 testing, or testing results, contact your health care provider.

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).