

**I was exposed** to a COVID+ person during their first 10 days of symptoms, or in the 2 days prior to their symptoms

**Was the exposure:**

- Less than 6 feet distance for > 15 mins in 24 hrs OR
- Direct physical contact (hugging/kissing) OR
- Sharing of eating or drinking utensils OR
- Coughed on or sneezed on by the COVID+ person

**Be cautious and self-monitor for symptoms for the next 14 days**

YES

**What should I do?**

**I am fully vaccinated**

**I am not fully vaccinated**

**I don't live with the COVID+ person**

**I live with the COVID+ person**

**I don't live with the COVID+ person**

**I live with the COVID+ person**

**You do not need to quarantine.**

**Start quarantine now.**

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You should wear a mask indoors, self-monitor for symptoms, and have a PCR test 3-5 days after the last exposure to the COVID+ person.

If exposures continue, your quarantine ends either 14 days after the COVID+ person's isolation ends, or if you have a negative PCR test done 3-5 days after their isolation ends.

If you are able to separate completely\*, your quarantine ends either 14 days after your last exposure to the COVID+ person, or if you have a negative PCR test done 3-5 days after your last exposure to them.

Your quarantine ends either 14 days after your last exposure to the COVID+ person, or if you have a negative PCR test done at least 5 days after your last exposure to them.

If exposures continue, your quarantine ends either 14 days after the COVID+ person's isolation ends, or if you have a negative PCR test done at least 5 days after their isolation ends.

If you are able to separate completely\*, your quarantine ends either 14 days after your last exposure to the COVID+ person, or if you have a negative PCR test done at least 5 days after your last exposure to them.

\* **"Separating completely"** means all sick people remain in a separate room and use a separate bathroom than the other household members. Wear masks when doors are opened to push in food or remove empty plates. Wash hands frequently. Open windows for ventilation. Disinfect hard surfaces.

**I AM HAVING ONE OR MORE NEW COVID SYMPTOMS:**  
Fever/Chills - Muscles/Body Aches - Runny Nose/Congestion - Nausea/Vomiting - Loss of Taste or Smell  
- Sore Throat - Cough - Shortness of Breath - Fatigue - Headache - Diarrhea - Chest Pain

Isolate at home (even if you are fully vaccinated)

Warn close contacts of possible exposure

COVID PCR TEST  
or seek medical advice

"Negative" or "Not Detected"

Tell your close contacts that your COVID PCR test was negative

End Home Isolation

"Positive" or "Detected"

Call 911 or go to ER for: trouble breathing, persistent chest pain, confusion, difficulty staying awake, gray/blue/pale lips or skin

Notify your close contacts and work/school that you have COVID

For symptom relief: rest, fluids, ibuprofen, Tylenol, Sudafed, humidifer,

If high risk\* for severe COVID, seek monoclonal antibody treatment. To schedule a treatment, call Dr. Rubin at 425-831-3780.  
  
\* high risk criteria can be found at <http://www.regencov.com/patient>

For questions, either contact your physician or schedule a telemedicine visit at Snoqualmie Valley Hospital Clinic by calling 425-831-3408.

End home isolation when:

- More than 10 days\* past symptom onset AND
- All symptoms improving AND
- No fever in 24 hours AND
- Not using fever-reducers (like Tylenol or ibuprofen)

\* 20 days if immunocompromised or hospitalized for COVID

