



## COVID-19 Symptoms & Testing Guidelines

**I don't feel well.**

**I have symptoms like...**

- Runny/stuffy nose
- Sore throat
- Fever or chills
- Cough
- Loss of taste/smell
- Muscle aches
- Nausea/vomiting
- Diarrhea



**YES** to any or all of the symptoms, whether you are vaccinated or not.

- Isolate yourself from others immediately. Do not attend class, work, sports, or other activities.
- Wear a mask if you must be around others, like your roommates or family members.
- Collect a saliva test on campus and isolate until you get your results.**
- Continue to isolate until your symptoms are improving and you receive a negative PCR test.

**See below for steps to follow if you have been exposed to a positive case of COVID-19, and for what to do if you have not been exposed.**

**I have been exposed to a positive case of COVID-19.  
What should I do?**

**Are you experiencing symptoms?**



**YES**

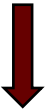


Self-quarantine and take a PCR test. Do not participate in campus activity until you receive a negative PCR test result and your symptoms improve.

*Ok, I've tested and....*



I have a positive result



**Isolate for 10 days and email [contacttracing@pugetsound.edu](mailto:contacttracing@pugetsound.edu)**

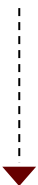


I have a negative result



Continue to self-quarantine until symptoms improve. Test again with a PCR test on day 5 after exposure.

See below...



**NO**



**Are you fully vaccinated + boosted?**

YES



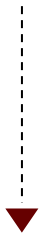
**No quarantine required.** Take a PCR test on day 5 after exposure. If symptoms develop, follow symptomatic guidance.

NO



**Quarantine for 5 days.** Take a PCR test on day 5 after your exposure. If symptoms develop, follow symptomatic guidance.

See below...



# With symptoms

# Without symptoms

*Ok, I've tested again on day 5 after exposure and....*

*Ok, I've tested again on day 5 after exposure and....*

I got a positive result

I got a negative result

I got a positive result

I got a negative result

**Isolate for 10 days and email [contacttracing@pugetsound.edu](mailto:contacttracing@pugetsound.edu)**

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**End self-quarantine. Wear a mask for 5 more days around others.**

**Are your symptoms improving?**



Yes! And I have no fever.

No, I still have symptoms.



**End self-quarantine**

**Continue to stay home and consider seeing a health care provider for treatment**

**I don't feel well.**

*But...*

**I have not been exposed to a positive case of COVID-19.  
What should I do?**

*(If you have not received an alert from Puget Sound contact tracing or Tacoma Pierce County Health Department or other contact tracing unit that you have been exposed to a positive case, you can safely assume you have not been exposed.)*

**Take a PCR test on the first day you experience symptoms and self-quarantine immediately.**

*My test from day 1 came back...*

Positive

Negative

**Isolate for 10 days and email [contacttracing@pugetsound.edu](mailto:contacttracing@pugetsound.edu)**

**DO NOT end quarantine. On day 3 after your symptoms first appeared, take another PCR test.**

*My test from day 3 came back...*

Positive

Negative

**Q:** Why do I have to take a second test on the third day if my first one was negative?

**A:** The Omicron variant of COVID-19 has been found to not reliably appear as a positive test result until day 3 after symptoms began. It is important to re-test to ensure you are negative before ending quarantine.

**End self-quarantine**