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.

**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.

Ok, I’ve tested and….

I have a positive result

Isolate for 10 days and email 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...

See below...
Ok, I’ve tested again on day 5 after exposure and....

With symptoms

I got a positive result
Isolate for 10 days and email contacttracing@pugetsound.edu
Are your symptoms improving?
Yes! And I have no fever.
End self-quarantine

I got a negative result
No, I still have symptoms.
Continue to stay home and consider seeing a health care provider for treatment

Without symptoms

I got a positive result
Isolate for 10 days and email contacttracing@pugetsound.edu
End self-quarantine.

I got a negative result
Ok, I’ve tested again on day 5 after exposure and....
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

Isolate for 10 days and email contacttracing@pugetsound.edu

Negative

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

My test from day 3 came back...

Positive

End self-quarantine

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.