COVID-19 Decision-Making Flowchart: Symptoms and Exposure

Updated 3/5/2021

Note: Guidelines apply to all individuals, including those who have received COVID-19 vaccination/s.

You may not return onsite until:
- If you tested positive for COVID-19 but had no symptoms, you can discontinue home isolation after ten (10) days have passed since the test.
- If you have/had symptoms, you can discontinue home isolation after at least ten (10) days have passed since symptoms first appeared AND at least 24 hours with no fever without fever-reducing medication AND symptoms have improved.

Symptoms consistent with COVID-19 include
1+ symptom from tier one OR 2+ symptoms from tier two

Tier One:
- Fever (100.4 or higher) or chills
- Cough
- Shortness of breath or difficulty breathing

Tier Two:
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

When to seek emergency medical attention for yourself or others:
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*If you have a chronic condition or situation where you regularly experience tier two symptoms (e.g., IBS, hay fever, pregnancy, etc.) and your medical provider considers your symptoms normal for you, you are allowed onsite. People with chronic tier one symptoms who plan to come onsite should call BUC (858-246-9730) or BCNH (206-834-4100) and ask to speak with the doctor on call to receive clearance.

<table>
<thead>
<tr>
<th>Condition</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you tested positive for COVID-19?</td>
<td>NO</td>
<td>YES</td>
</tr>
<tr>
<td>Do you have symptoms of illness?</td>
<td>NO</td>
<td>YES</td>
</tr>
<tr>
<td>Have you had close contact (within 6-feet of someone for a cumulative 15+ minutes in a 24-hour period, with or without a mask) or direct contact (member of your household, hugging, kissing) with someone who tested positive or whose medical provider suspects they have COVID-19 in the 48-hours prior to their symptoms commencing onward?</td>
<td>NO</td>
<td>YES</td>
</tr>
<tr>
<td>Self-quarantine and monitor for symptoms for 14 days. If symptoms develop, refer to “Do you have symptoms of illness?” A full 14-day quarantine is required. A negative COVID-19 test during this 14-day window does not allow you to return onsite due to the ability to later test positive and be contagious.</td>
<td>NO</td>
<td>YES</td>
</tr>
<tr>
<td>Temporarily quarantine until they receive their test results.</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>If they test positive, self-quarantine and monitor symptoms for 14 days since last day of exposure. If you develop symptoms, refer to “Do you have symptoms?” If they test negative, you may end your quarantine.</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>You do not appear to have symptoms consistent with COVID-19 nor have you been exposed. You may be onsite. Continue wearing a mask, practicing physical distancing, washing your hands regularly, and following all Bastyr health and safety policies.</td>
<td>YES</td>
<td></td>
</tr>
</tbody>
</table>