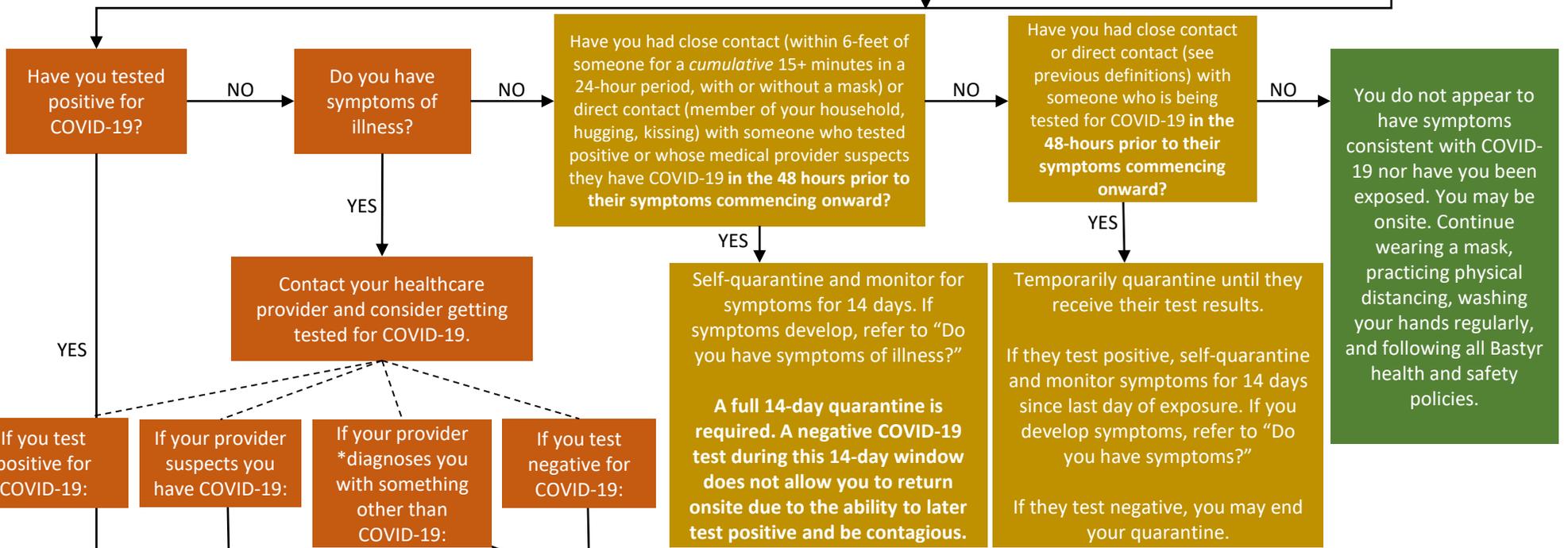


COVID-19 Decision-Making Flowchart: Symptoms and Exposure

Updated 3/5/2021

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



You (may) have COVID-19.

Bastyr will conduct anonymous contact tracing to ensure anyone you have been in close contact with can self-quarantine:

- Students, contact Susan Weider at sweider@bastyr.edu or 425-602-3014
- Employees, contact HR at hr@bastyr.edu or 425-602-3087

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.

You don't appear to have COVID-19, but you still have symptoms of illness. Follow your healthcare provider's recommendations.

Do not return onsite until you have been *symptom-free (without medication) for at least 24 hours.

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

Tier One:	Tier Two:
<ul style="list-style-type: none"> • Fever (100.4 or higher) or chills • Cough • Shortness of breath or difficulty breathing 	<ul style="list-style-type: none"> • 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.*