

# COVID-19 Decision-Making Flowchart: Symptoms and Exposure

Updated 8/18/2021

Within the last 10 days, have you travelled from out of state/country or engaged in activity that does not comply with current, local public health orders and advisories?

**YES** → **Fully Vaccinated Individuals:** No quarantine is required. International travelers get tested in 3-5 days. *It is still recommended that all individuals self-monitor for COVID-19 symptoms after travel.*  
**Non-Vaccinated Individuals: STOP:** Get tested in 3-5 days and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested. Do not come on-site.

**NO** ↓

Have you tested positive for COVID-19?

**NO** →

Do you have symptoms of illness?

**NO** →

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?

**NO** →

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.

**YES** ↓

**YES** ↓

**YES** ↓

Contact your healthcare provider and consider getting tested for COVID-19.

**Fully Vaccinated Individuals:** No quarantine is necessary. Get tested 3-5 days after exposure & refer to flow chart if test is positive.  
**Non-Vaccinated Individuals: STOP.** 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.

If you test positive for COVID-19:

If your provider suspects you have COVID-19:

If your provider \*diagnoses you with something other than COVID-19:

If you test negative for COVID-19:

**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](mailto:sweider@bastyr.edu) or 425-602-3014
- Employees, contact HR at [hr@bastyr.edu](mailto: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"> <li>Fever (100.4 or higher) or chills</li> <li>Cough</li> <li>Shortness of breath or difficulty breathing</li> </ul>	<ul style="list-style-type: none"> <li>Fatigue</li> <li>Muscle or body aches</li> <li>Headache</li> <li>New loss of taste or smell</li> </ul>	<ul style="list-style-type: none"> <li>Sore throat</li> <li>Congestion or runny nose</li> <li>Nausea or vomiting</li> <li>Diarrhea</li> </ul>

**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.*

**Fully Vaccinated:** 2 weeks after second-dose in a 2-dose series (Pfizer, Moderna) OR 2 weeks after a single-dose vaccine (Johnson & Johnson's Janssen vaccine)

*If you do not meet these requirements, regardless of age, you are NOT fully vaccinated.*