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Covid-19 Isolation and Quarantine for Covid 19.

COVID symptoms

If you have **one or more of the following symptoms** stay home and follow up with your healthcare provider and/or consider testing for COVID-19.

Fever (greater than or equal to 100.4°F) or chills

Shortness of breath

Muscle or body aches

Loss of taste or smell

Congestion or runny nose

Nausea, vomiting, or diarrhea

Headache

Fatigue

Sore throat

Cough

COVID exposure

Regardless of vaccination status, students, children, and staff who are **POTENTIALLY EXPOSED TO COVID-19** should take **all** the following steps.

- Monitor for symptoms
- Test 3-5 days after exposure
- Wear a well-fitting and high quality mask around others for 10 days after exposure.

Isolation is not required if no symptoms are present.