Washington State Department of
Health
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DOH 420-287

What to do if someone has COVID-19 symptoms and has confirmed or suspected exposure to COVID-19

What does it mean to have an exposure to COVID-19?
Exposure to COVID-19 means that someone has been within 6 feet of a person with a confirmed COVID-19 infection for a cumulative total of 15 minutes or more over a 24-hour period.

Who should isolate?
Anyone who has been exposed to COVID-19 and has symptoms should isolate at home away from others.

What if someone was exposed to COVID-19 but does not have symptoms?
Stay in quarantine for 14 days after your last contact. This is the safest option. Monitor your symptoms during this time, and if you have any COVID-19 symptoms during the 14 days, get tested.

What do I do if I don't have a doctor or health care provider?
Many places have free testing including health department drive-thru sites, Snohomish and Island County testing sites, and many pharmacies. See the Snohomish Department of Health's Testing FAQ for more information. https://www.snohd.org/Faq.aspx?QID=153

What is the difference between isolation and quarantine?
• **Isolation** is what you do if you have COVID-19 symptoms, or have tested positive for COVID-19. Isolation means you stay home and away from others (including household members) for the recommended period of time to avoid spreading illness.
• **Quarantine** is what you do if you have been exposed to COVID-19. Quarantine means you stay home and away from others for the recommended period of time in case you are infected and are contagious. Quarantine becomes isolation if you later test positive for COVID-19 or develop COVID-19 symptoms.

How long should someone stay home if they have COVID-19 symptoms and have confirmed or suspected exposure to COVID-19?

COVID-19 Test Result	Recommendation
Positive	Isolate until at least: • 10 days since symptoms started (up to 20 days for those who are severely ill or immunocompromised) AND • 24 hours after fever resolves without use of fever reducing medications AND • Symptoms have improved
Negative	Quarantine at home away from others until: • 14 days after last exposure
No Test Performed	Isolate until at least: • 10 days since symptoms started (up to

SCSD September, 2021

	20 days for those who are severely ill or immunocompromised) AND • 24 hours after fever resolves without use of fever reducing medications AND • Symptoms have improved

When You've Been Fully Vaccinated

Fully vaccinated individuals do not need to quarantine or get tested if identified as a close contact of someone who has COVID-19 unless symptomatic. If symptoms develop, follow quarantine recommendations and get tested.

People are considered fully vaccinated:
• 2 weeks after their second dose in a 2-dose series, like the Pfizer or Moderna vaccines, or
• 2 weeks after a single-dose vaccine, like Johnson & Johnson's Janssen vaccine.

If it has been less than 2 weeks since your final dose, or if you still need to get your second dose, you are NOT fully protected. Keep taking all prevention measures until you are fully vaccinated.