COVID-19 Symptoms and Testing Guidelines

Symptoms can appear 2-14 days after exposure.

Do you have any of these common COVID-19 symptoms that cannot be attributed to another health condition or a specific activity?	
Fever or Chills	Headache
Cough	New loss of taste or smell
Shortness of breath / difficulty breathing	Sore throat
Fatigue	Stuffy or runny nose
Muscle pain	Nausea or vomiting
Diarrhea	

If YES to ANY symptom or symptoms, regardless of vaccination status



- Isolate immediately
- Do not visit people or have guests over
- Wear a mask if you must be around others including roommates or family members.
- **Employees** contact your healthcare provider. Isolate until you have spoken with your provider.
- **Students** call the Health Center (253) 535-7337. Isolate until you can speak to one of the Health Center providers.
- **Students if you choose to seek care off-campus**, follow the directions of your healthcare provider. Contact the Health Center for information about how and when to return to campus.

If you experience any of the symptoms listed above during classes, work, sports or other activities report this to your professor, supervisor, coach or the Athletic Training Room.

Students will be directed to call the Health Center to discuss a plan for their care and for COVID testing.

Employees should contact their healthcare provider for guidance.

I am <u>up to date with my COVID-19 vaccinations</u> and have been exposed to a positive case of COVID-19.

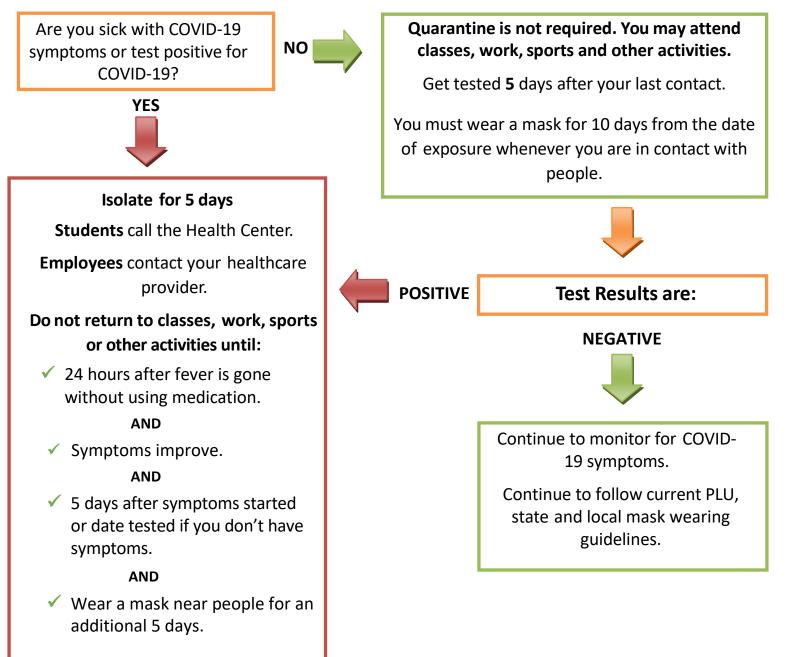
Individuals are considered up to date with COVID-19 vaccinations:

• Who have received all doses in the primary series.

AND

• Who have received a booster vaccine when eligible.

WHAT DO I DO?



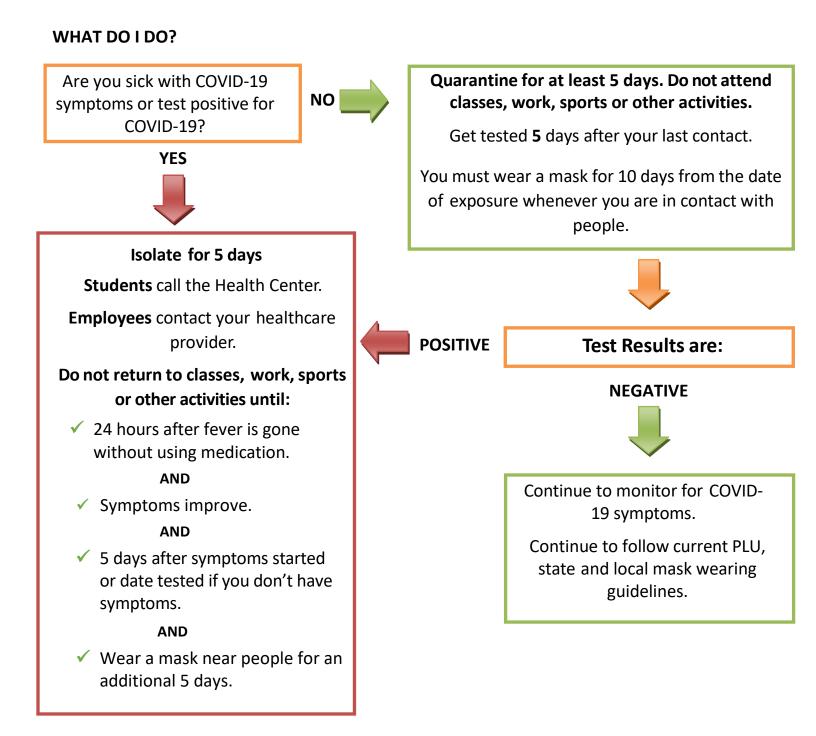
I am <u>NOT up to date with my COVID-19 vaccinations</u> and have been exposed to a positive case of COVID-19.

Individuals are considered up to date with COVID-19 vaccinations:

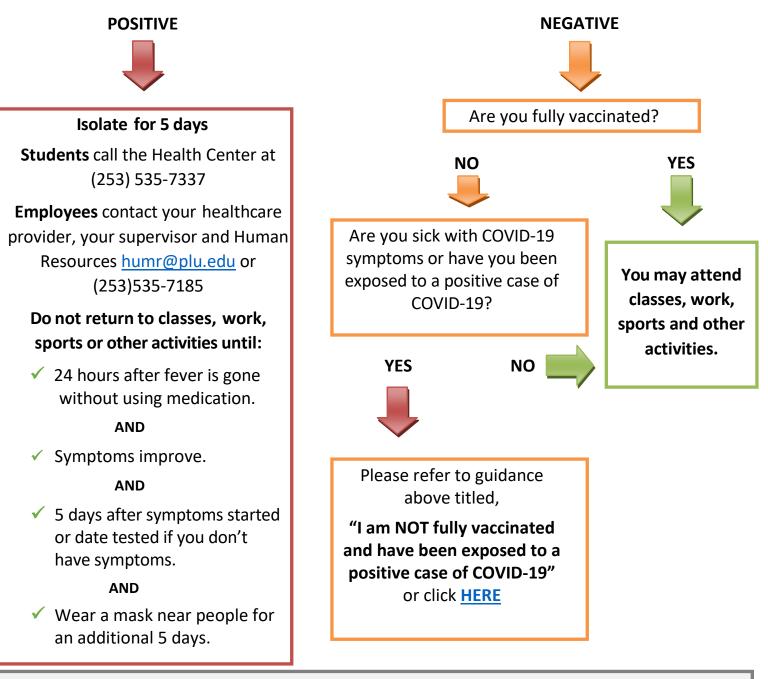
• Who have received all doses in the primary series.

AND

• Who have received a booster vaccine when eligible.



I have been tested for COVID-19 and the test result is:



Out of respect for patient confidentiality, faculty, staff and students will only be notified by the university or the Health Department if they are identified as close contacts of a campus community member who tests positive for COVID-19.

If a faculty, staff or student tests positive and informs the university (or the university is informed by the Health Department), only their supervisor and those identified as close contacts at risk of exposure will be notified by the university or the Health Department.

Close contact is defined by the CDC as someone who was within 6 feet of an infected person for at least 15 minutes, starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated.