

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 up to date with my COVID-19 vaccinations 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?

Are you sick with COVID-19 symptoms or test positive for COVID-19?

NO 

Quarantine is not required. You may attend classes, work, sports and other activities.

Get tested **5** days after your last contact.

You must wear a mask for 10 days from the date of exposure whenever you are in contact with people.

YES


Isolate for 5 days

Students call the Health Center.

Employees contact your healthcare provider.

Do not return to classes, work, sports or other activities until:

- ✓ 24 hours after fever is gone without using medication.

AND

- ✓ Symptoms improve.

AND

- ✓ 5 days after symptoms started or date tested if you don't have symptoms.

AND

- ✓ Wear a mask near people for an additional 5 days.

POSITIVE 

Test Results are:

NEGATIVE


Continue to monitor for COVID-19 symptoms.

Continue to follow current PLU, state and local mask wearing guidelines.

I am NOT up to date with my COVID-19 vaccinations 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?

Are you sick with COVID-19 symptoms or test positive for COVID-19?

NO



Quarantine for at least 5 days. Do not attend classes, work, sports or other activities.

Get tested 5 days after your last contact.

You must wear a mask for 10 days from the date of exposure whenever you are in contact with people.



Isolate for 5 days

Students call the Health Center.

Employees contact your healthcare provider.

Do not return to classes, work, sports or other activities until:

- ✓ 24 hours after fever is gone without using medication.

AND

- ✓ Symptoms improve.

AND

- ✓ 5 days after symptoms started or date tested if you don't have symptoms.

AND

- ✓ Wear a mask near people for an additional 5 days.



Test Results are:

POSITIVE



NEGATIVE



Continue to monitor for COVID-19 symptoms.

Continue to follow current PLU, state and local mask wearing guidelines.

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

POSITIVE



Isolate for 5 days

Students call the Health Center at
(253) 535-7337

Employees contact your healthcare provider, your supervisor and Human Resources humr@plu.edu or
(253)535-7185

Do not return to classes, work, sports or other activities until:

- ✓ 24 hours after fever is gone without using medication.

AND

- ✓ Symptoms improve.

AND

- ✓ 5 days after symptoms started or date tested if you don't have symptoms.

AND

- ✓ Wear a mask near people for an additional 5 days.

NEGATIVE



Are you fully vaccinated?

NO



Are you sick with COVID-19 symptoms or have you been exposed to a positive case of COVID-19?

YES



Please refer to guidance above titled,
"I am NOT fully vaccinated and have been exposed to a positive case of COVID-19"
or click [HERE](#)

YES



You may attend classes, work, sports and other activities.

NO



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.