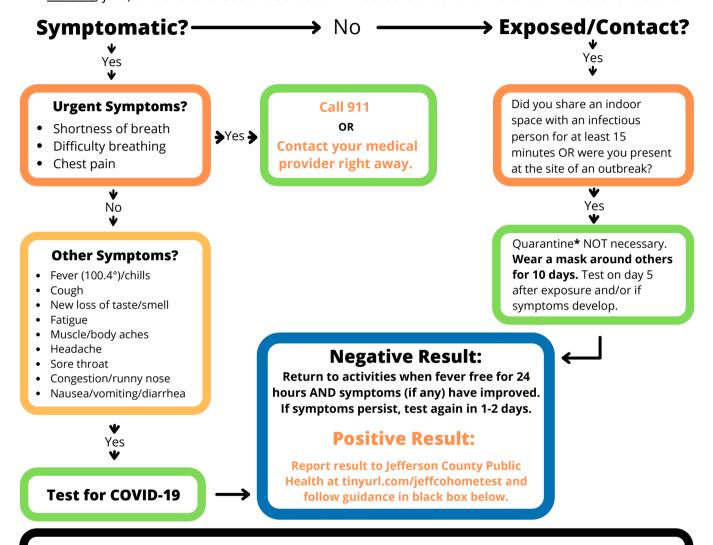
COVID-19 Testing Flowchart



Updated 8/25/2022

Note: Recommendations are different for those working in high-risk settings such as healthcare, schools, jails, and shelters. See the Centers for Disease Control and Prevention website for details.



If you test positive or have symptoms and choose not to test:

- Wear a mask around others for 10 days from the onset of symptoms, or, if asymptomatic, your test date.
- Isolate for 5 days from the onset of symptoms/test date. If your symptoms have improved after day 5, you can leave isolation but must continue to wear a mask for the full 10 days. Isolation separates sick people with a contagious disease from people who are not sick. *Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.
- Notify everyone you were in close contact with starting from 2 days before your symptoms/test date.
- If you are at risk of severe illness because of age or a medical condition, talk to your doctor right away about treatment options or access free telehealth at doh.wa.gov/emergencies/covid-19/treatments/free-telehealth.

^{**}Booster recommended 5 months after 2nd dose of Moderna (ages 18+) or Pfizer (ages 12+) or 2 months after first dose of J&J (ages 18+). Second booster dose recommended 4 months after first booster for ages 50 and older.





Experiencing difficulty breathing or shortness of breath?

Call the Jefferson Healthcare Express Clinic at 360-385-2204 for medical evaluation. Or, if in need of emergency care, go to the emergency room. The clinic and ER are at 834 Sheridan Avenue in Port Townsend. Public Health



Do I qualify for a free home test kit from Jefferson County Public Health?

• YES if you have any of the symptoms below:

Body Aches
Congestion
Coughs
Fever
Chills
Nausea
Cramping
Cramping
Vomiting

Abdominal Pain
Cramping
Vomiting

Runny Nose Sore Throat Fatigue

• YES if you were in close contact* with someone who tested positive for COVID-19

When should I test?

- Test today if you have symptoms.
- For close contacts: perform the test 5 days following your last exposure to the infectious person or if you develop symptoms.
- One test is sufficient.

COVID-19 Testing FAQs

Q: I have COVID-19 symptoms, what do I do?

A: Take a COVID-19 test. If you choose NOT to take a test, follow the guidance in the black box at the bottom of the flowchart. **Note that conditions such as allergies can mask COVID-19 symptoms**, so take care to use available safety precautions.

Q: I tested positive for COVID-19, what do I do?

A: Follow the guidance in the black box at the bottom of the flowchart. Report positive results to us at tinyurl.com/jeffcohometest

Q: I tested negative for COVID-19, what do I do?

A: Return to activities when fever free for 24 hours AND symptoms (if any) have improved. If symptoms persist, test again in 1-2 days.

Q: What does close contact mean?

A: You shared an indoor space with a person who has COVID-19 for at least 15 minutes OR you were present at the site of an outbreak.

Q: I had close contact with a person who has COVID-19, what do I do?

- Quarantine is NOT necessary.
- Wear a mask when around others.
- Test 5 days after exposure or if symptoms develop.
- If you choose not to take a test, and symptoms emerge, follow the guidance in the black box at the bottom of the testing flowchart.

Q: Quarantine vs. isolation, what's the difference?

A: Isolation separates sick people with a contagious disease from people who are not sick. Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Q: When do I need a booster dose of vaccine?

A: Booster recommended 5 months after 2nd dose of Moderna (ages 18+) or Pfizer (ages 12+) or 2 months after first dose of J&J (ages 18+). **You are considered protected by the booster two weeks after receiving your dose.**

Q: I don't want to test, or I can't take a test. What do I do?

A: If you are symptomatic, you should follow the same guidance as someone who tested positive. See flowchart.

Q: Can I trust my rapid-antigen (home test) test results?

A: Rapid antigen tests are highly accurate at detecting when a person is contagious with COVID-19. In the early days of an infection, however, a result may be falsely negative. If you are experiencing symptoms, stay home and test again 1-2 days later.

^{*}Close contact means you shared an indoor space with an infectious person for at least 15 minutes OR were present at the site of an outbreak.