

# COVID-19 Testing Flowchart

Updated 8/25/2022



360-385-9400

**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.

**Symptomatic?** —————→ No —————→ **Exposed/Contact?**

↓  
Yes  
↓

## Urgent Symptoms?

- Shortness of breath
- Difficulty breathing
- Chest pain

→ Yes →

Call 911

OR

Contact your medical  
provider right away.

↓  
No  
↓

## Other Symptoms?

- Fever (100.4°)/chills
- Cough
- New loss of taste/smell
- Fatigue
- Muscle/body aches
- Headache
- Sore throat
- Congestion/runny nose
- Nausea/vomiting/diarrhea

↓  
Yes  
↓

Test for COVID-19



## Negative Result:

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

## Positive Result:

Report result to Jefferson County Public Health at [tinyurl.com/jeffcohometest](https://tinyurl.com/jeffcohometest) and follow guidance in black box below.

↓  
Yes  
↓

Did you share an indoor space with an infectious person for at least 15 minutes OR were you present at the site of an outbreak?

↓  
Yes  
↓

Quarantine\* NOT necessary. Wear a mask around others for 10 days. Test on day 5 after exposure and/or if symptoms develop.



## 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](https://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.**

More details on back →

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## 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.



### 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	Chills	Nausea	Abdominal Pain
Congestion	Coughs	Diarrhea	Cramping
Fever	Headache	Loss of taste/smell	Vomiting
Runny Nose	Sore Throat	Fatigue	

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

\*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.

### 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](https://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.