

# COVID-19 Symptoms, Exposure, Positive Test?

**What are the symptoms of COVID-19?**  
 There is a wide range of symptoms associated with COVID-19, ranging from mild to severe. CDC list resource including symptom checker, click [here](#).  
**What is considered a close contact exposure?**

- Being within 6 feet for 15 minutes or more in a 24-hour period during the infectious period (2 days prior to symptoms or positive test)
- Household member

*Healthcare workers should follow CDC guidance on close contact and isolation*

| No symptoms and no exposure                                                                                                                     | Symptoms (not contagious) and not exposed                                                                                                                                                             | No symptoms but exposed                                                                                                                      | Symptoms but not exposed                                                                                                                     | Symptoms and exposed                                                                                                                      | Positive test and no symptoms                                                                                       | Positive test and symptoms                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• No symptoms of COVID-19</li> <li>• No known close contact exposure to someone with COVID-19</li> </ul> | <ul style="list-style-type: none"> <li>• Symptoms caused by known non-contagious condition (i.e. allergies, known health condition)</li> <li>• No known close contact exposure to COVID-19</li> </ul> | <ul style="list-style-type: none"> <li>• No symptoms of COVID-19</li> <li>• Known close contact exposure to someone with COVID-19</li> </ul> | <ul style="list-style-type: none"> <li>• Symptoms of COVID-19</li> <li>• No known close contact exposure to someone with COVID-19</li> </ul> | <ul style="list-style-type: none"> <li>• Symptoms of COVID-19</li> <li>• Known close contact exposure to someone with COVID-19</li> </ul> | <ul style="list-style-type: none"> <li>• No symptoms of COVID-19</li> <li>• Tested positive for COVID-19</li> </ul> | <ul style="list-style-type: none"> <li>• Symptoms of COVID-19</li> <li>• Tested positive for COVID-19</li> </ul> |



**COVID Diagnostic tests**

**Molecular tests**

- Detects the genetic material of the virus
- Other names: PCR, RT-PCR, TMA, NAAT
- More accurate and most processed in labs (*ID NOW, rapid molecular, not as sensitive*)
- **Best option if symptomatic**
- Can be used for surveillance, travel testing and post-exposure.
- **Avoid in the 90 days** after COVID infection

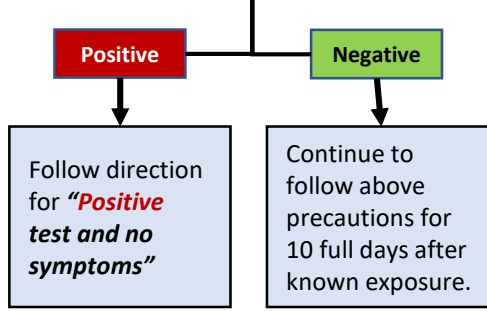
**Antigen tests**

- Detects proteins on the surface of the virus
- Most rapid tests and self-tests
- Quicker results but tend to be less accurate
- **Best option for testing in the 90 days after an infection** such as for testing out of isolation
- Can also be used for surveillance, travel testing, and post-exposure
- If used for symptomatic testing: Positive, no further testing needed but Negative, molecular test needed to confirm or 2<sup>nd</sup> negative test 48 hours later

- Watch for symptoms
- Wear a well fitted mask around others (preferably KF94/KN95/N95)
- Don't go places you are unable to wear a mask
- Take extra precautions if you will be around others more likely to get very sick from COVID-19

If you develop symptoms follow direction for **"Symptoms and exposed"**

Get tested at least 5 full days after you last had close contact with the person with COVID-19. *Day 1 is first full day after you were last with them.\*\**



\*\*If confirmed positive COVID-19 test within the past 90 days, testing only needed if symptoms develop

Test immediately – *To rule out infection NAAT or 2 antigen tests 48 hours apart is preferred*



Continue to:

- Stay home until symptoms have improved and no fever for at least 24 hours without fever reducing medications.
- Test again if symptoms worsen or don't seem to be getting better

*If you were exposed, take additional precautions for 10 days*

- Wear a well fitted mask around others (preferably KF94/KN95/N95)
- Don't go places you are unable to wear a mask
- Take extra precautions if you will be around others more likely to get very sick from COVID-19

If **"exposed"** and testing was done prior to day 6, repeat testing and if positive follow direction for **"Positive test and symptoms"**

Email [COVID-19-report@seattleu.edu](mailto:COVID-19-report@seattleu.edu) to report your positive test result AND Notify your faculty and/or supervisor

- Stay home for at least 5 full days and isolate/separate from others in your home/living space as much as possible.
- Follow CDC recommendations for [isolation](#) and monitoring your [symptoms](#)
- Do not go places where you are unable to wear a mask.

**Ending Isolation** - Once 5 full days passed have passed (*day 1 is the day after symptoms start or the day after your test if you never developed symptoms*)  
 Do you meet the following criteria?

- Symptoms have improved AND no fever for at least 24 hours without fever reducing medications
- OR
- You never had symptoms

