COVID-19 Guidance for People who are not vaccinated, partially vaccinated or fully vaccinated but not up-to-date

<table>
<thead>
<tr>
<th>No symptoms and no exposure</th>
<th>Symptoms (not contagious and not exposed)</th>
<th>No symptoms but exposed</th>
<th>Symptoms but not exposed</th>
<th>Symptoms and exposed</th>
<th>Positive test and no symptoms</th>
<th>Positive test and symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>• No symptoms of COVID-19</td>
<td>• Symptoms caused by known non-contagious condition (i.e. allergies, known health condition)</td>
<td>• No symptoms of COVID-19</td>
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<td>• No known close contact exposure to someone with COVID-19</td>
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**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

**What is fully vaccinated but not up-to-date?**
- Received primary series of a COVID-19 vaccine and are eligible for the booster but haven’t received.
- Eligible for booster 5 months after completing mRNA or 2 months after J&J shot. See additional guidance for non-FDA authorized vaccines.

**What are the symptoms of COVID-19?**
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Skin rash
- This list is not all possible symptoms. Consider any new symptom that is not related to a known condition to potentially be COVID-19.

**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 quarantine/isolation

**Positive test and no symptoms**
- Follow direction for "Positive test and no symptoms*

**Positive test and symptoms**
- Test immediately – Molecular test preferred
- Molecular test required to pass Safe Start if county transmission is >100 per 100K over past 7 days
- Email COVID-19-report@seattleu.edu to report your positive test result

**Negative**
- 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 precautions for 10 days
  - Wear a well fitted mask around others (preferably KF94/KN95/N95)
  - Avoid travel
  - Avoid being around others at high risk

**Positive**
- Continue isolation until:
  - At least 10 full days * have passed since symptoms began or since positive test
  - Symptoms have improved and no fever for at least 24 hours
- Don’t test
- Email COVID-19-report@seattleu.edu to report your positive test result

**Negative**
- After 5 full days have passed, if:
  - Symptoms have improved AND
  - No fever for at least 24 hours without fever reducing medications
  - OR you never had symptoms
  - You can test out isolation with an antigen test

**Positive**
- Continue isolation until:
  - At least 10 full days * have passed since symptoms began or since positive test
  - Symptoms have improved and no fever for at least 24 hours
- Didn’t test
- Email COVID-19-report@seattleu.edu to report your positive test result

**Negative**
- May end isolation and return to campus but continue following precautions for 10 full days *
  - Wear a well fitted mask around others (preferably KF94/KN95/N95)
  - Avoid travel
  - Avoid being around others at high risk