STAFF OR VOLUNTEERS WITH COVID-19 SYMPTOMS

What's the difference between isolation and quarantine?

• *Isolation* is what you do if you have COVID-19 symptoms, are awaiting test results, or have tested positive for COVID-19. Isolation means you stay home and away from others (including household members) for the recommended period of time to avoid spreading illness.

• *Quarantine* is what you do if you have been exposed to COVID-19. Quarantine means you stay home and away from others for the recommended period of time in case you are infected and are contagious. Quarantine becomes isolation if you later test positive for COVID-19 or develop COVID-19 symptoms.

COVID-19 is not connected to race, ethnicity, or nationality. Stigma will not help to fight the illness. Share accurate information with others and avoid rumors and misinformation.

Information for Workplaces:

If you suspect or have a confirmed case of a person with COVID-19 who worked or showed up to work while contagious, follow these steps [1]:

1. **Immediately send home employees or volunteers** who test positive or have symptoms of COVID-19 who were in close contact with other staff or volunteers.

2. People who test positive for COVID-19 or those who have symptoms of COVID-19 and are waiting test results should isolate at home. These individuals should isolate regardless of their vaccination status. They should not go to work, to volunteer, or to public areas.

3. They should avoid using public transportation, ridesharing, or taxis. If this cannot be avoided, they should wear a well-fitting mask.

Information for Staff/Volunteers:

When am I potentially contagious and may expose others? People with COVID-19 can spread the virus to other people starting two days before they develop symptoms and up to 10 days after symptoms first develop.[1] Additionally, workplaces may be required to report to their local health department or L&I if COVID-19 is spreading in their workplace.[2]

How long do I need to isolate myself?
As of May 2022, the DOH requires the following:

1. If you tested positive for COVID-19 and had symptoms, isolate for at **least 5 days after your symptoms first appeared.** You can leave isolation after 5 full days if:
   • Your symptoms are improving
   • You have not had a fever for 24 hours without using fever reducing-medication, AND
   • You wear a well-fitting mask around others (home and in public) for 5 additional days (days 6-10).

2. If you continue to have a fever or your other symptoms have not improved after 5 days of isolation, wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved.

How long do I need to isolate myself? (continued)

3. If you tested positive for COVID-19 but have not had any symptoms, isolate for at least 5 days after you tested positive. You can leave isolation after 5 full days if:
- You have not developed symptoms, AND
- You continue to consistently wear a mask around others at home and in public for 5 additional days (days 6-10).

- ***If you develop symptoms during this time, your 5-day isolation period starts over*** (see #1 above).

People who are severely ill with COVID-19 and people with compromised immune systems may need to isolate at home longer.

What to do during isolation:
- Monitor for symptoms.
- Separate from others, including household members and pets, as much as possible. Stay in a separate room and use a separate bathroom, if possible. If you must care for a family member or an animal, wear a face covering and wash your hands before and after you interact with them.
- Wear a well-fitting mask when you are around others.
- Take steps to improve ventilation at home, if possible.
- Don't share personal items with anyone, including dishes, drinking glasses, cups, eating utensils, towels, or bedding with people or pets in your home.

For more details regarding the information provided, please go to https://doh.wa.gov/emergencies/covid-19/isolation-and-quarantine-covid-19

Other Resources:
- WA State Department of Health 2019 Novel Coronavirus Outbreak (COVID-19)
- WA State Coronavirus Response (COVID-19)
- Find Your Local Health Department or District
- CDC Coronavirus (COVID-19)

Have more questions? Call DOH's COVID-19 Information hotline: 1-800-525-0127, then press #. Language assistance is available. If you need food or other support while you isolate at home, Care Connect Washington is available.

1. https://www.lni.wa.gov/agency/outreach/coronavirus/requirements-and-guidance-for-preventing-covid-19
2. https://doh.wa.gov/sites/default/files/legacy/Documents/1600/coronavirus/420-350-NonHealthCareBusiness.pdf