

When It's Okay to Return to Work/School

Symptomatic, but not a close contact of a confirmed COVID-19 case (regardless of vaccination status):

If you are close contact to someone who has tested positive for COVID, you must quarantine for 10 days from last contact.

Class A Symptoms

- Fever of 100.4 F or higher
- Chills
- Cough
- Loss of taste and/or smell
- Shortness of breath

Class B Symptoms

- Fatigue
- Headache
- Muscle or body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

One or more Class A Symptoms

Single Class B Symptom lasting more than 24 hours, or two or more Class B Symptoms

Single Class B Symptom lasting less than 24 hours (without medications)

Okay to return if:

☐ 10 days have passed since symptoms started **AND** symptoms have been resolved for at least 24 hours (without the use of medications).

OR

☐ A negative COVID-19 test result (submitted to the school) **AND** Symptoms have resolved.

OR

☐ Letter from a healthcare provider giving another specific alternative diagnosis that completely explains symptoms submitted to school.

Okay to return if:

☐ Symptom have been resolved for at least 24 hours (without the use of medications).

COVID-19 Return to Work/ School Flow Chart

ASSESS STAFF OR STUDENT FOR COVID-19

KEY



Is a close contact³.



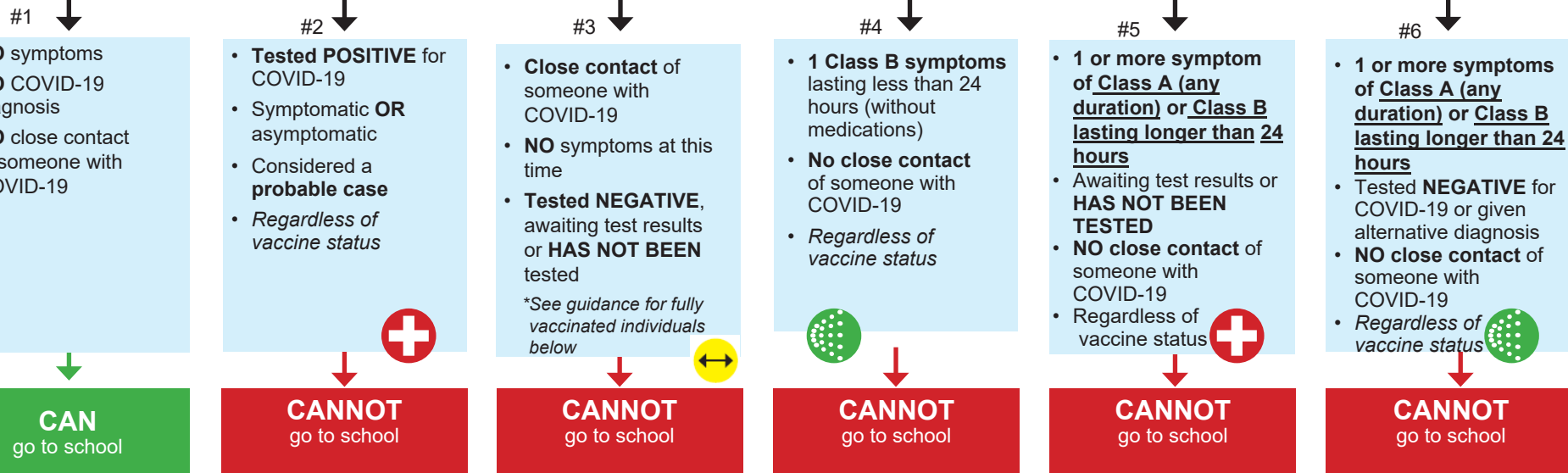
Tested positive for COVID-19



Has symptom(s).



Probable case



COVID SYMPTOMS

CLASS A

- Fever of 100.4F or higher
- Chills
- Cough
- Loss of taste/smell
- shortness of breath

CLASS B

- Fatigue
- Headache
- Muscle or body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Can return to building **10 days after symptoms started AND at least 24 hours** have passed since symptoms resolved (without medication).

Please report your COVID status to 425-385-4299.

Can return to building after **10 days as long as** no symptoms develop during full 14 day period.

If symptoms develop you are a probable case. Get tested. Regardless of test results, follow guidance from **column #2**.

**Fully vaccinated do not need to quarantine after COVID-19 exposure. Watch for symptoms for 14 days and get tested 3-5 days after exposure. If symptoms develop, follow guidance from column #2*

Can return to building after **24 hours** have passed since symptoms resolved (without use of medication).

Can return to building **10 days** after symptoms started AND at least **24 hours** have passed since symptoms resolved (without medication).

OR

Get tested. If **positive**, follow **column #2**, if **negative**, can return once symptoms resolved for **24 hours**.

Can return to building **10 days** after symptoms started AND at least **24 hours** have passed since symptoms resolved (without medication).

OR

Get tested. If **positive**, follow **column #2**, if **negative**, can return once symptoms resolved for **24 hours**.

OR

If alternative diagnosis by provider, follow provider directions and isolate per condition diagnosed (whichever isolation is longer).

**Someone is fully vaccinated if it has been 14 days since the last vaccination dose*

COVID-19 Return to Work/School Flow Chart Definitions

COVID-19 SYMPTOMS²

CLASS A

- Fever (100.4°F / 38°C or higher)
- Cough
- Loss of taste or smell
- Chills
- Shortness of breath or difficulty breathing

CLASS B

- Headache
- Muscle pain or body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Fatigue

PROBABLE CASE

A “**probable case**” includes close contacts of a molecular- or antigen-positive person, and who have developed symptoms of COVID-19 but have either not yet tested or test results are negative or not done pending.

Symptomatic contacts: Probable cases should seek testing promptly, and isolate away from others in the household until test results are back. Molecular tests are preferred for probable cases. If a negative antigen test is received, the Snohomish Health District requests that a follow-up (more sensitive) molecular or PCR test is performed to confirm the diagnosis.

If negative, further contact tracing to identify close contacts is deprioritized not needed. The student or staff member may return to school after they have completed the 10 day isolation period and symptoms have improved.

If positive for COVID-19, the school should identify any close contacts in the school environment while contagious (if any). The student or staff member may return to school after they have completed their isolation period and symptoms have improved.

CLOSE CONTACT DEFINITION³

“Close Contact” includes anyone in one or more of the following categories:

- Been within 6 feet (2 meters) of a person with COVID-19 for a combined total of 15 minutes or more within a 24-hour period
- Live in the same household as a person with COVID-19
- Cared for a person with COVID-19
- Been in direct contact with saliva or other body secretions from a person with COVID-19 (for example: been coughed on, kissed, shared utensils, etc.)

In a K-12 indoor classroom setting, the close contact definition excludes students who were at least 3 feet away from an infected student when

- Both students were wearing face coverings/masks AND
- Other prevention strategies were in place

This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.

If you’ve been exposed to someone with COVID-19 and you have no symptoms, Snohomish Health District recommends the following:

1. Stay in quarantine for 14 days after your last contact. **This is the safest option.**
2. If this is not possible, and your school offers a modified quarantine, stay in quarantine for 10 days after your last contact, without additional testing.

* Fully vaccinated people (2 weeks after last vaccination dose) with no symptoms do not need to quarantine after COVID-19 exposure. Watch for symptoms for 14 days and get tested 3-5 days after exposure. If symptoms develop, follow flowchart.