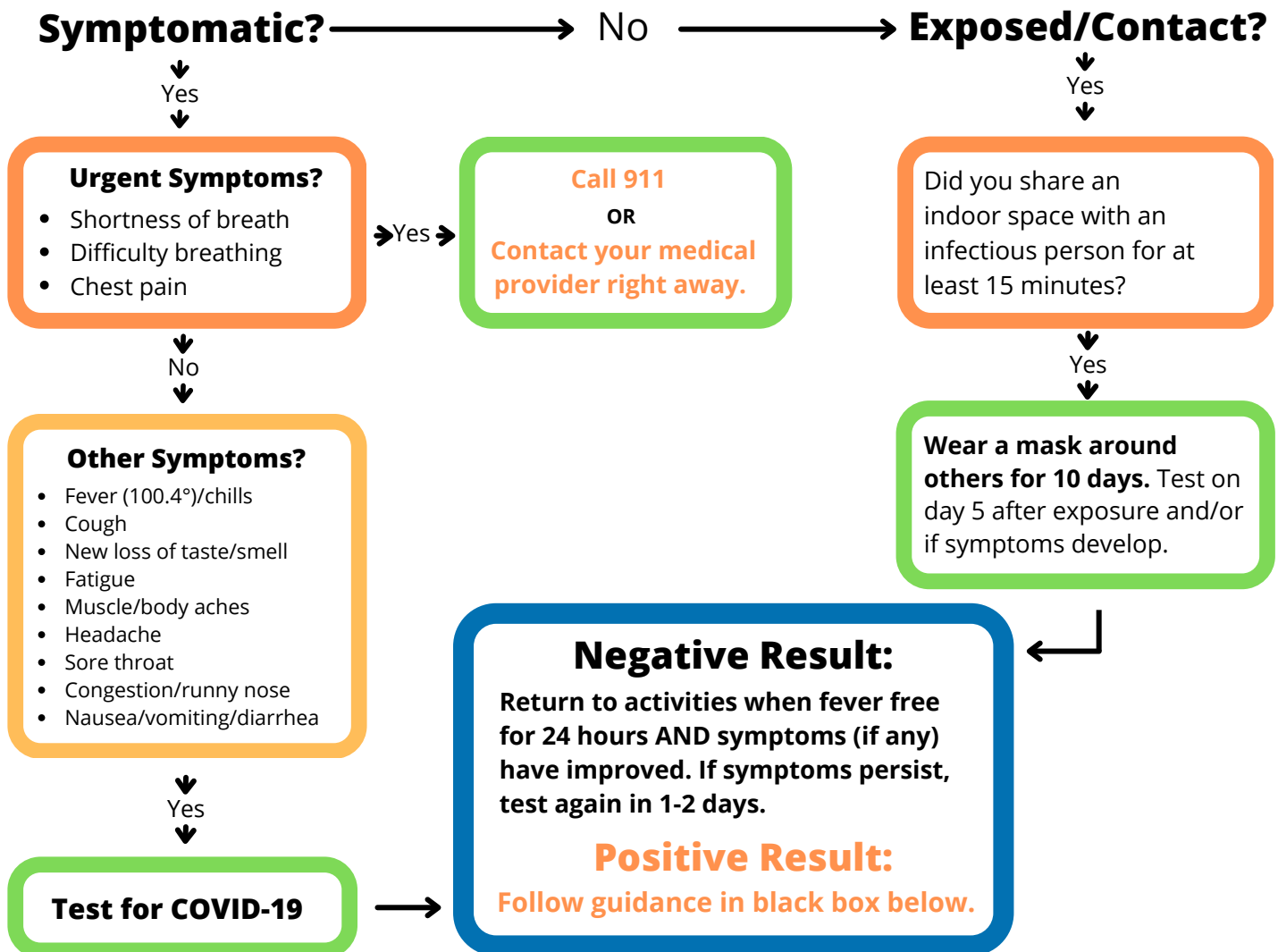


COVID-19 Testing Flowchart



360-385-9400



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 should continue to wear a mask for the full 10 days. Isolation separates sick people with a contagious disease from people who are not sick. **For free support with groceries etc. during isolation call 1-800-525-0127, then press #**
- Notify everyone you were in close contact with starting 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).

More details on back →

Information Compiled by Jefferson County Public Health

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**

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.

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.

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 total in a 24-hour period.

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 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: 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.

Q: What do I need to know about the bivalent booster dose?

A: Bivalent booster strongly recommended in order to reduce or prevent symptoms and protect against serious illness and death. More info: <https://doh.wa.gov/emergencies/covid-19/vaccine-information/vaccine-booster-doses>