



Clallam County Department of Health and Human Services

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Updated May 2, 2022

I was exposed to someone with COVID-19... what do I do?

IF your vaccine status is up-to-date (see definition on the back of this page)

- Watch for symptoms, test 5 days after exposure, or right away if you feel sick.
- Wear a mask around others for 10 days after your last exposure.

IF you are not vaccinated or your vaccine is not up-to-date:

- Quarantine at home for 5 days after your last exposure and test on day 5.
- If your test on day 5 is negative, you can end quarantine. Continue to wear a mask around others for 10 days after your last exposure.
- Test again if you develop symptoms.

**Individuals who have recovered from COVID-19 infection are exempt for COVID-19 testing and quarantine requirements for 90 days after their isolation period ends.*

I tested positive for COVID-19... what do I do?

- Isolate at home, away from others. Try as much as possible to stay in a separate room and use a separate bathroom if available – if a separate bathroom is not available, others should wait one hour after you shower before entering the bathroom. Use shared spaces like the kitchen at different times than others. Wear a mask whenever you are around others or in shared spaces.
- Notify the people you have been around. You are contagious for COVID-19 beginning 2 days before your symptoms start (or two days before your test was done if you have no symptoms). You will need to notify the people you were around during that time, including:
 - o The people you live with;
 - o Your employer or school;
 - o Anyone else you were in close contact with for 10-15 minutes or more.
- Share this document with your close contacts.
- People with COVID-19 can be infectious for up to 10 days. You can leave isolation as early as day 5 **IF your symptoms are gone**. It is a good idea to take a rapid antigen or at-home rapid test before you end isolation early. Be sure to continue to wear your mask around others for 10 days after your symptoms start.

A close contact is someone who was less than 6 feet away from an infected person for a cumulative total of 10 minutes or more.

If you are a healthcare worker or work in a high-risk setting, your guidance for returning to work may be different. Please speak with your employer before returning to work.

Testing and Quarantine Guidance

Updated May 2, 2022



You can report positive at-home tests via our online form:

Clallam.net/covidreporting

Access support for isolation and quarantine via the WA DOH

COVID-19 Hotline: **1-800-525-0127**



Vaccine Status: is up-to-date if you have received all doses in the primary series and one booster when eligible.

- CDC Definitions can be found [here](#)

Isolation: begins the day your symptoms start or the day of your test if you have no symptoms

Quarantine: begins the day of your last known exposure to the virus

Exposure: close contact within 6 feet if masked or in the same room if unmasked, for 10 minutes or more, or presence at an outbreak

Symptoms of COVID-19: cough, shortness of breath, fever, chills, sore throat, headache, nausea/vomiting, diarrhea, fatigue, muscle aches, cold or flu-like symptoms, sudden loss of taste or smell

Quarantine for Healthcare workers/First Responders: isolation and quarantine requirements for healthcare workers are more stringent and can be found [here](#)

Positive cases should alert their contacts - see our COVID [Guidance webpage](#)