As we gather, the HF Elders **strongly urge** that <u>we all</u> comply with the protocols you find below. These protocols are being used by public businesses and services in an effort to mitigate the unintended spread of the Covid-19 virus.

Please apply the following protocols as an entire family (or group) living in your home instead of just as individuals. Suppose one member in the family (or group) living in your home does not meet the following criteria. In that case, the entire family would be considered as not meeting the conditions set forth. If any of you have been in <u>close contact</u> with anyone who has been diagnosed with Covid-19 in the last 10-14 days (<u>close contact</u> is being within 6 feet of a person for 15 minutes or longer), or if any of you are exhibiting symptoms, please stay home.

FAQ Sheet

(Frequently Asked Questions)

Below are a few FAQ's that relate to living wisely, especially if you think or know you have been exposed to Covid-19 based on close contact or the symptoms you are experiencing. We hope these will help you determine when it is best to stay home from work, church, stores, or extended family, etc.

This FAQ sheet is not meant to answer all questions related to Covid-19 or to even go into great depth on each question. We highly encourage each family to do their own research. The answers given are not our own thoughts but are excerpts from online links that have been provided for each question.

1. **What are symptoms of Covid that I should be looking for?** (If you or any of your household have any of the following symptoms, please stay home).
   - People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus.** People with these symptoms may have 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
   - https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

2. **What is the incubation period of Covid? How long after exposure does it take to show symptoms or test positive for Covid?**
   - The incubation period for COVID-19 is thought to extend to 14 days, with a median time of 4-5 days from exposure to symptoms onset. One study reported that 97.5% of people with COVID-19 who have symptoms will do so within 11.5 days of SARS-CoV-2 infection."
     - https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html

3. **How long should I wait before getting tested?**
   - Evidence suggests that testing tends to be less accurate within three days of exposure, and the **best time to get tested is <u>5 to 7 days after you were exposed</u>**. Tests are even more accurate when patients are exhibiting symptoms.
     - https://nortonhealthcare.com/news/how-long-after-exposure-to-test-positive-for-covid/#:~:text=Evidence%20suggests%20that%20testing%20tends,patients%20are%20exhibiting%20symptoms
     - https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

4. **If I want to get tested, where should I go?**
   - There are many locations and test options. Do your own research to find what is right for you. With that said, it is recommended to consider getting the PCR test as it tends to have less false reports. One drive-through location that is free and returns quick test results (12-24 hours) is the Federal Way Aquatic Center.
     - https://www.chifranciscan.org/patients-and-visitors/covid-19/free-community-testing.html
     - Look under "Test Types" Here: https://www.cdc.gov/coronavirus/2019-ncov/hcp/testing-overview.html#ConsiderationsWhenTesting

5. **How do I know if I need to quarantine or not?**
   - Except in certain circumstances, people who have been in close contact with someone who has COVID-19 should [quarantine](#).
     1. https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact

6. **How long should I quarantine for? That depends…**
   - **I think or know I had COVID-19, and I had symptoms**
     - You can be around others after:
       - 10 days since symptoms first appeared **and**
       - 24 hours with no fever without the use of fever-reducing medications **and**
       - Other symptoms of COVID-19 are improving*
         - *Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

- **I tested positive for COVID-19 but had no symptoms**
  - If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19.
  - If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID-19, and I had symptoms."
  - https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html

- **For anyone who has been around a person with COVID-19**
  - Stay home for 14 days after your last contact with a person who has COVID-19.
  - Watch for fever (100.4◦F), cough, shortness of breath, or other symptoms of COVID-19
  - If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19
    - There are options to reduce this quarantine.
      - After day 10 without testing
      - After day 7 after receiving a negative test result (test must occur on day 5 or later)
      - https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html#:~:text=Options%20to%20reduce%20quarantine&text=Watch%20for%20symptoms%20until%2014,health%20authority%20or%20healthcare%20provider.

7. **What does it mean to be in "close contact" with someone who has been diagnosed with Covid-19?**
   - You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
   - You provided care at home to someone who is sick with COVID-19
   - You had direct physical contact with the person (hugged or kissed them)
   - You shared eating or drinking utensils
   - They sneezed, coughed, or somehow got respiratory droplets on you
     - https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

8. **When would I NOT need to quarantine?**
   - Anyone who has had close contact with someone with COVID-19 and who meets the following criteria does **NOT** need to stay home.
     - Someone who has been fully vaccinated and shows no symptoms of COVID-19
       Or:
     - Someone who has COVID-19 illness within the previous 3 months **and**
     - Has recovered **and**
     - Remains without COVID-19 symptoms (for example, cough, shortness of breath)
       - https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html#:~:text=You%20can%20be%20around%20others,the%20end%20of%20isolation%E2%80%8B
       - https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

9. How can I tell the difference between Covid-19 and other sicknesses?

- As you can see from the chart below, many symptoms overlap. Many people have reported having very slight symptoms that they wouldn't expect to be Covid-19. When in doubt, please don't gather with others. We recommend getting tested to know for sure. See testing questions below.
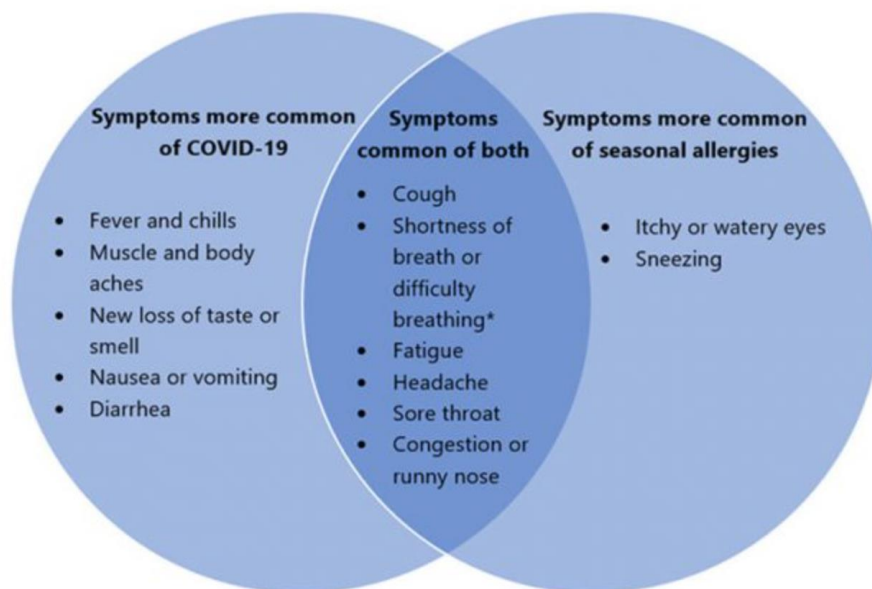
Symptoms Chart
COVID-19 vs. Cold vs. Flu vs. Seasonal Allergies

	COVID-19 Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies
Incubation period	2-14 days	1-3 Days	1-4 Days	Varies
Symptom onset	Gradual	7-10 Days	3-7 Days	Varies
Symptoms				
Fever	Common	Rare	Common	Sometimes
Fatigue	Sometimes	Sometimes	Common	Sometimes
Cough	Common (Usually dry)	Mild	Common (Usually dry)	Sometimes
Sneezing	No	Common	No	Sometimes
Aches and pains	Sometimes	Common	Common	No
Runny or stuffy nose	Rare	Common	Sometimes	Common
Sore throat	Sometimes	Common	Sometimes	No
Diarrhea	Rare	No	Sometimes for children	No
Headaches	Sometimes	Rare	Common	Sometimes
Shortness of breath	Sometimes	No	No	Sometimes
Itchy nose, eyes or roof of the mouth	No	No	No	Common
Watery, red or swollen eyes	No	No	No	Common

MultiCare

Sources: World Health Organization | Centers for Disease Control | American College of Allergy, Asthma & Immunology

- https://www.multicare.org/file_viewer.php?id=19865&title=COVID-19-Symptoms-Chart

Symptoms more common of COVID-19
- Fever and chills
- Muscle and body aches
- New loss of taste or smell
- Nausea or vomiting
- Diarrhea

Symptoms common of both
- Cough
- Shortness of breath or difficulty breathing*
- Fatigue
- Headache
- Sore throat
- Congestion or runny nose

Symptoms more common of seasonal allergies
- Itchy or watery eyes
- Sneezing

- https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/infographic-overlap-symptoms.html#text

10. **What if someone in my family contracts Covid-19 after I did, does the quarantine period start over?**
     - Yes, for any healthy family members that come into close contact with a new family member that contracts Covid-19, the quarantine period starts over for them.
         - "You will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19"
             - **Families with dependents**, this article may be helpful: https://www.parents.com/health/so-youve-been-asked-to-self-quarantine-for-coronavirus-now-what/
     - For the person in the family who has covid, see question above (How long should I quarantine for?)

As more and more studies come out related to Covid-19, information continues to shift and change. This article, written 3/29/21, is not our own opinion but is made up of direct quotes from current reliable resources. Harborview Fellowship will not be held liable for content shared. Each family is highly encouraged to research for themselves the current information surrounding Covid-19.