Who To Test

SYMPTOMATIC
New Onset of any of these symptoms:
- Fever > 100
- Cough
- Shortness of Breath
- Congestion or Runny Nose
- Malaise/fatigue
- Muscle pain
- Headache
- Diarrhea
- Sore throat
- Loss of sense of smell or taste
- Chills
- Repeated shaking with chills

ASYMPTOMATIC
- Prolonged, close contact* with a person with confirmed COVID-19, without PPE (i.e. no mask; no mask & eye protection, if person with COVID was not wearing a mask). Wait 5-7 days from exposure prior to testing. *Prolonged, close contact means within 6 feet for more than 15 minutes.
- Cohabitating with or a Resident/Worker in Congregate Living Facility (e.g. Adult Family Home, Assisted Living Facility, LTC, SNF) with KNOWN COVID POSITIVE resident/patient, test immediately, isolate until results are available.
- Exposure via large group gathering (>50 people) without mask: monitor for symptoms, consider testing 5-7 days out.
- Member of a racial or ethnic minority group disproportionately impacted by COVID 19 in Washington State (African-American; Asian; Latino; Pacific Islander; American Indian, Alaska Native) Consider testing if requested, high risk medical condition, or community outbreak.
- Pre-Procedure/Pre-surgery testing
- Required for Travel**

Instructions for Home Isolate
- Stay in a room away from other people.
- Use separate bathroom
- Wear a mask when around other people. Household contacts wear mask also when interacting, if possible
- Clean hands after coughing, sneezing, using bathroom, and before eating
- Avoid touching face
- Avoid sharing household items
- Clean high touch surfaces daily
- For more specifics, please reference CDC Guidelines

TEST COVID-19
Click this Link to Specimen Collection

Order test
Yes

TEST COVID-19

Positive COVID-19

Positive with symptoms:
Release from isolation and return to activity when:
At least 3 days (72 hours) have passed since recovery defined as resolution of fever without use of fever-reducing medications AND improvement in respiratory symptoms (e.g. cough, shortness of breath) AND At least 10 days have passed since symptoms first appeared.

Positive asymptomatic:
Release from isolation and return to activity when:
10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test.

Inconclusive results:
There are rare circumstances where a COVID-19 test may be very weakly positive. This has been found to occur in typically asymptomatic individuals and may be due to poor sampling or a very low viral load in the patient suggesting extremely early illness or long ago infection. Frequently the weak positive is not reproducible on repeat testing – so same sample tested again or on another machine is negative. To account for this, the Lab will report these as INCONCLUSIVE and recommend retesting no sooner than 48 hours. By retesting we can save the patient a possible 14 days quarantine and also not excessively delay surgery/procedures. Between these test results, the patient should isolate.

Discontinue Isolation 24 hours after symptom resolution.

**Asymptomatic and Traveling
Direct Patient to contact Travel Advisory Clinic for review, if pre-testing is necessary.
(206)326-3488 CLICK HERE