

## Updated List of COVID Symptoms from CDC

The Centers for Disease Control and Prevention (CDC) has [updated its official list of symptoms](#) that people experience when they get sick from the coronavirus. The symptoms added are: chills, repeated shaking with chills, muscle pain, headache, sore throat, and new loss of taste or smell. This is in addition to the previous official symptoms: fever, cough, and shortness or breath. These symptoms may appear 2-14 days after exposure to the virus.



### Call to Access Services

Call the King County COVID-19 Call Center to see if isolation and quarantine services are right for you. Interpretation is available.

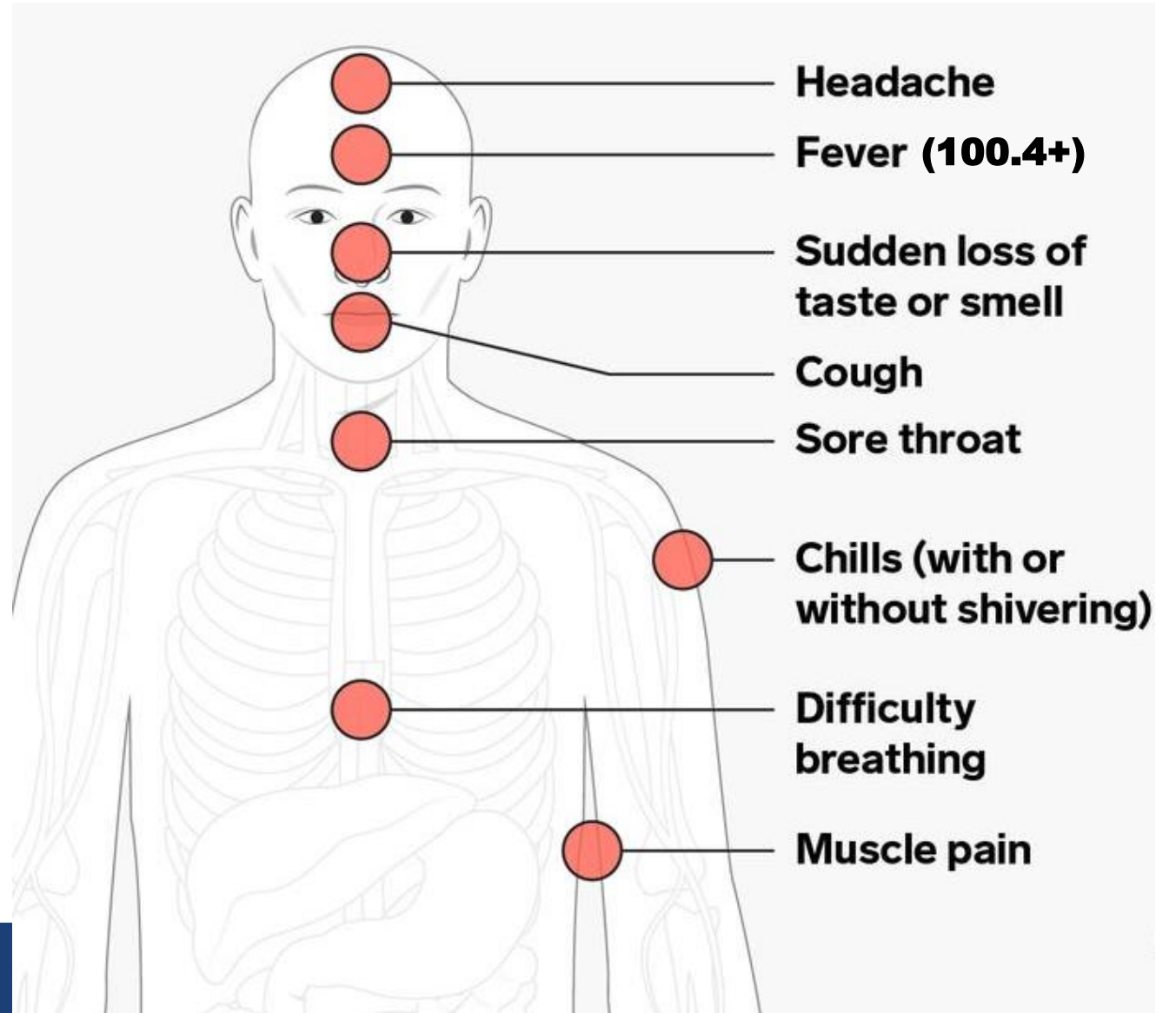
Phone #: (206) 477-3977 Hours: 8 AM - 10 PM daily

# Updated List of COVID Symptoms

People who have newly developed any symptom or combinations of these symptoms may have COVID-19

People who need support to safely isolate or quarantine should be referred through the King County COVID-19 Call Center

To streamline access to King County Isolation and Quarantine resources, please call/refer even if newly experiencing only one (1) of these symptoms



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## COVID-19 Isolation & Quarantine Discharge Guidance\* by Group

Isolation & Quarantine Bed Prioritization Groups	COVID Test Result	Discharge Criteria (Symptom-Based or Time-Based Strategy)
<b>1. Confirmed Positive</b> Confirmed COVID-19 positive (COVID+) with illness	Positive	≥10 days since symptom onset AND ≥72 hours after resolution of fever, AND improvement in respiratory symptoms
<b>2. COVID-Like Illness &amp; Known Exposure</b> New COVID-19-like illness (CLI), <u>known exposure</u> <sup>1, 2</sup>	Positive	Same criteria as COVID+ (above)
	Negative <sup>3</sup>	Same criteria as COVID+ (above) <i>(due to risk of incubating infection or false negative test)</i>
<b>3. COVID-Like Illness</b> New COVID-19-like illness (CLI), <u>unknown exposure</u> <sup>1</sup>	Positive	Same criteria as COVID+ (above)
	Negative <sup>3</sup>	Same criteria as COVID+ (above) <i>(due to risk of incubating infection or false negative test)</i> OR Discharge <sup>4</sup>
<b>4. No Illness &amp; Known Exposure</b> No illness (asymptomatic) but had exposure <sup>2</sup>	Positive	10 days since the date of the first positive test <i>(if no subsequent symptoms)</i>
	Negative <sup>3</sup> or Not Tested	14 days after the last day of close contact or exposure <sup>5</sup> <i>(if symptoms develop, test or retest AND apply same criteria as COVID+)</i>

1. If patient declines to be tested or is not tested for other reasons, then discharge criteria for “Confirmed Positive” apply
2. Includes Strike Team referral or residence in a congregate setting known to have an outbreak
3. Retest if symptoms develop or worsen
4. Can be considered on a case-by-case basis and discussed with site medical director (e.g., patients with risk factors for severe COVID-19 illness may stay longer). Clinical judgement determines whether to continue or discontinue empiric transmission-based precautions.
5. Fourteen-day quarantine period recommended. Offer continued stay to guest, dependent on current resources.

*\*Guidance applies only to King County Isolation & Quarantine facilities for discharge planning and may vary in other healthcare settings.  
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