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.
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.

Updated List of COVID Symptoms:
- Headache
- Fever (100.4+)
- Sudden loss of taste or smell
- Cough
- Sore throat
- Chills (with or without shivering)
- Difficulty breathing
- Muscle pain

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

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