



HEALTH & WELLNESS NEWS

People at risk for COVID-19

1 Under monitoring	2 Quarantine	3 Under investigation	4 Isolation

Public health experts often use the following terms during a disease outbreak:

- Persons under monitoring
- Persons under investigation, and
- Quarantine
- Isolation.

To understand these terms, it is important to know whether the person has symptoms. It is also important to understand whether the person or group is separated from others.

1 Under monitoring

Broadly speaking, **persons under monitoring** refers to people who:

- Do not have signs of illness, and
- May have been exposed to a disease that can spread to others.
- People may have exposure to COVID-19 through:
 - » Contact with another person who has COVID-19, or
 - » Travel to a place where the virus is very active.
- Signs of illness with COVID-19 can include:
 - » Fever
 - » Cough, and
 - » Shortness of breath.
- Persons under monitoring should watch for these symptoms. They may also have a health care provider or public health professional monitor their health.
- Health experts may ask these people to limit their movement and contact with others.

PUBLIC HEALTH DIVISION



Corona Virus COVID-19 — Continued

2 Quarantine

Quarantine separates and restricts movement of people or groups who may have been:

- Exposed to a disease or
- Infected but not show symptoms.

Health officials sometimes use quarantines if they do not know whether a disease can spread before a person has signs of illness.

3 Under investigation

Persons under investigation are people who have exposure to a disease and then developed symptoms; public health officials worry they too may have the disease and could spread it to others.

Health officials often want to learn more about these people and their illness. They can then better understand how to prevent further spread of the illness.

- People may become exposed to COVID-19 through:
 - » Contact with a sick person, or
 - » Travel to a place where the virus is very active.
- Signs of illness with COVID-19 include:
 - » Fever
 - » Cough, and
 - » Shortness of breath.
- Health officials may ask these people to limit their movement and contact with others. Health officials ask those exposed to COVID-19 to isolate themselves from others by avoiding:
 - » People
 - » Public places, and
 - » Work or school.
- Health officials may ask some of these people to get tested for the disease.

4 Isolation

- **Isolation** separates people who have an illness from people who are healthy. Isolation restricts the movements of people who have an illness to prevent the spread of the disease.

You can get this document in other languages, large print, braille or a format you prefer. Contact Acute and Communicable Disease Prevention at 971-673-1111 or email OHD.ACDP@dhsosha.state.or.us. We accept all relay calls or you can dial 711.

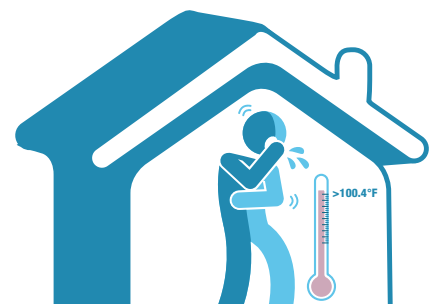
OHA 2685 (03/2020)

OHA and local health officials are monitoring COVID-19 in Oregon



Persons Under Monitoring (PUM)
No Symptoms

- Restriction depends on level of risk
- Monitor for symptoms
- Limit movement and contact with others
- Close contacts not monitored
- Not tested for COVID-19



Persons Under Investigation (PUI)
Symptoms Present

- Stay home from school or work
- Tested for COVID-19
- Limit movement and contact with others
- Close contacts are monitored

for more information, visit healthoregon.org/coronavirus or call 211



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10 things you can do to manage your health at home

If you have possible or confirmed COVID-19:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.
2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.
3. **Get rest and stay hydrated.**
4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.
5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.
6. **Cover your cough and sneezes.**
7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
8. As much as possible, **stay in a specific room and away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.
9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.
10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

Please go to www.cdc.gov/covid19-symptoms for information on COVID-19 symptoms.



For more information: www.cdc.gov/COVID19