



# HEALTH & WELLNESS NEWS

## People at risk for COVID-19

<b>1</b> Under monitoring	<b>2</b> Quarantine	<b>3</b> Under investigation	<b>4</b> 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.

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

<p><b>Persons Under Monitoring (PUM)</b> No Symptoms</p> <ul style="list-style-type: none"> <li>• Restriction depends on level of risk</li> <li>• Monitor for symptoms</li> <li>• Limit movement and contact with others</li> <li>• Close contacts not monitored</li> <li>• Not tested for COVID-19</li> </ul>	<p><b>Persons Under Investigation (PUI)</b> Symptoms Present</p> <ul style="list-style-type: none"> <li>• Stay home from school or work</li> <li>• Tested for COVID-19</li> <li>• Limit movement and contact with others</li> <li>• Close contacts are monitored</li> </ul>
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for more information, visit [healthoregon.org/coronavirus](http://healthoregon.org/coronavirus) or call 211



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](mailto:OHD.ACDP@dhsosha.state.or.us). We accept all relay calls or you can dial 711. OHA 2681D (03/2020)

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.

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## Coronavirus/COVID –19 and Diabetes

- **People with diabetes who are infected with the Coronavirus are more likely to develop severe Coronavirus Disease (COVID-19) and complications.**
  - You should be especially diligent to reduce risk of exposure, including hand washing, practicing social distancing, and stay home as much as possible.
  - Managing diabetes can be more challenging during this time.
- **Blood Sugars:** Activity restriction, changes in eating patterns, and illness can affect blood sugars. Patients should monitor more closely and call your health care team if you are having problems.
- **Medications:** You should ensure they you have sufficient medications and call your health care team if you need refills.
  - To reduce the risk of Coronavirus exposure, avoid going to the clinic unless necessary. Patients who develop mild symptoms should monitor their blood sugars, stay well hydrated, and call your health care team with concerns.
  - For severe symptoms, seek medical care right away.

<p><b>Wash your hands</b></p>	<p><b>Use a tissue for coughs</b></p>	<p><b>Avoid touching your face</b></p>
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