Did you test positive for COVID-19?

This information provided by **Oregon Health Authority**

Isolate at home

- Stay home and stay away from others, including the people in your own household.
- If you're sick, isolate for 5 days from when you started feeling sick AND make sure your fever is gone for 24 hours, without the help of medicine, before being around others.
- If you don't have symptoms, isolate for 5 days from the day you were tested.
- If you are sick, take care of yourself, and keep in touch with your clinic or medical provider if your symptoms get worse.
- You can be around others again after 5 days, if you feel better. You should wear a mask for an additional 5 days when you are around others.

If you tested positive or were exposed to COVID-19, our trained professionals can help.

Call 866-917-8881 if:

You want more health information

You have questions about isolation or quarantine

You have questions about telling your close contacts they may have been exposed to COVID-19

You need to isolate and are worried about the ability to do that

Hours: M-F from 8am to 6pm and Saturday 10am to 4pm

Call 211 for general COVID-19 questions, finding testing or vaccines, or help finding other resources.
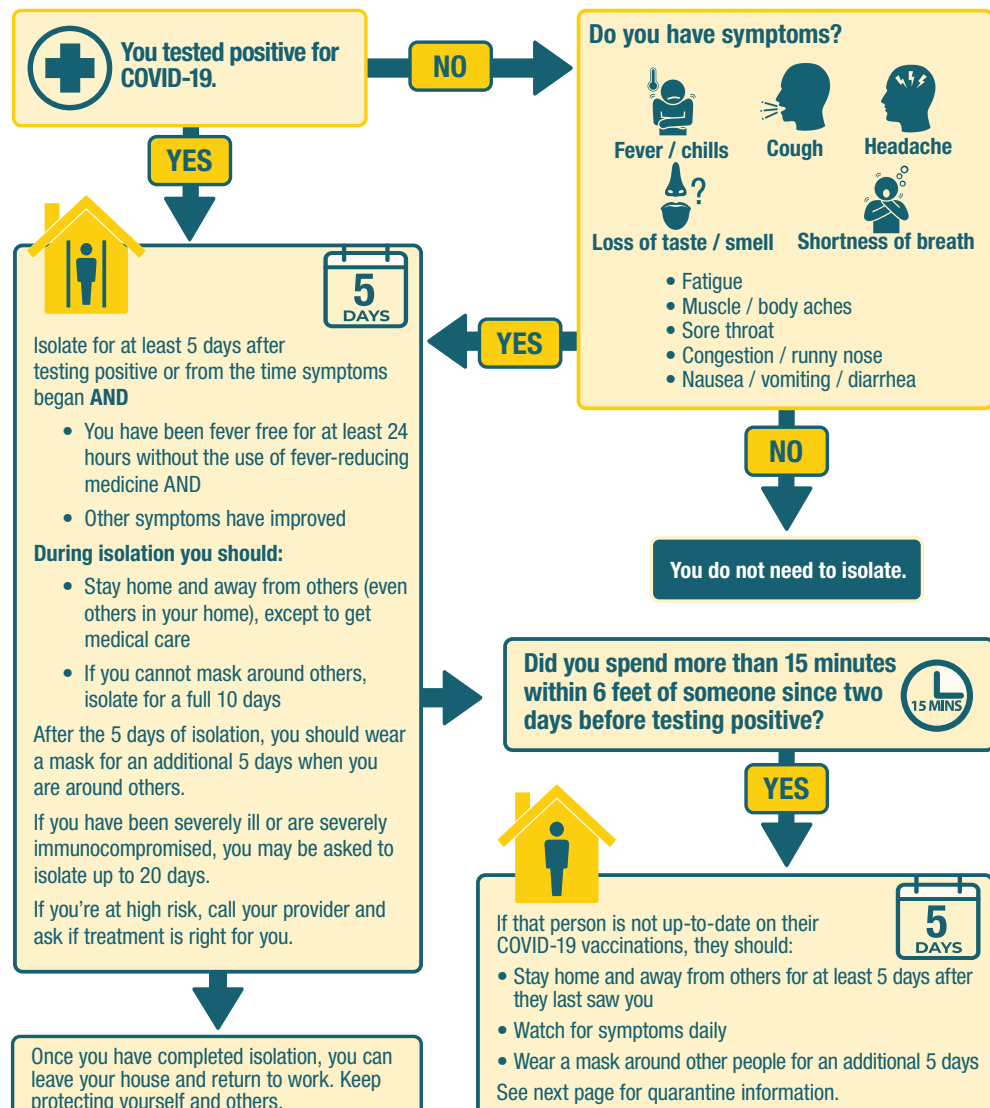
What does it mean to self-isolate?

Self-isolate means to separate people who are ill from those who are not. The goal is to keep COVID-19 from spreading.

People who have COVID-19 need to self-isolate for 5 days or until 24 hours after fever has passed and other symptoms are improving. Then they should continue to wear a well-fitting mask around others for 5 more days to keep from spreading the virus and making others sick.

ISOLATION

Isolation keeps someone *who is infected with COVID-19* away from others even in their own home. You need to isolate if you have symptoms or have tested positive for COVID-19.

You tested positive for COVID-19. → **NO** → **Do you have symptoms?**

YES

5 DAYS

Isolate for at least 5 days after testing positive or from the time symptoms began **AND**

- You have been fever free for at least 24 hours without the use of fever-reducing medicine AND
- Other symptoms have improved

During isolation you should:

- Stay home and away from others (even others in your home), except to get medical care
- If you cannot mask around others, isolate for a full 10 days

After the 5 days of isolation, you should wear a mask for an additional 5 days when you are around others.

If you have been severely ill or are severely immunocompromised, you may be asked to isolate up to 20 days.

If you're at high risk, call your provider and ask if treatment is right for you.

Once you have completed isolation, you can leave your house and return to work. Keep protecting yourself and others.

Do you have symptoms?

- Fever / chills
- Cough
- Headache
- Loss of taste / smell
- Shortness of breath
- Fatigue
- Muscle / body aches
- Sore throat
- Congestion / runny nose
- Nausea / vomiting / diarrhea

YES →

NO → **You do not need to isolate.**

Did you spend more than 15 minutes within 6 feet of someone since two days before testing positive? 15 MINS

YES

5 DAYS

If that person is not up-to-date on their COVID-19 vaccinations, they should:

- Stay home and away from others for at least 5 days after they last saw you
- Watch for symptoms daily
- Wear a mask around other people for an additional 5 days

See next page for quarantine information.

Call 911 if anyone experiences these severe symptoms:

- Difficulty breathing
- Pain or pressure in the chest or belly
- Unable to drink or keep liquids down
- New confusion or inability to wake up
- Bluish lips or face

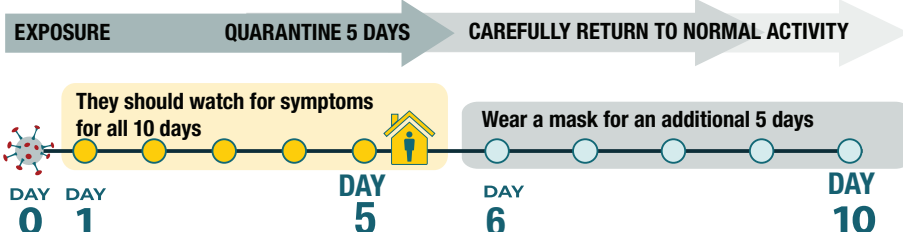## HOW LONG TO QUARANTINE

Staying home and away from other people for 5 days is the safest way to prevent the spread of COVID-19 to others.

- You don't need to quarantine if you are up to date with your COVID-19 vaccinations and don't have any symptoms.
- If you are unable to wear a mask (including those under 2 years of age), you should quarantine for 10 days
- If you are unable to quarantine, you should wear a well-fitting mask for 10 days when around others at home and in public.
- If possible, stay away from people who are at higher risk for getting very sick from COVID-19 for a full 10 days

5 DAYS **QUARANTINE**

If you have no symptoms, quarantine for at least 5 days and wear a mask when around others for an additional 5 days. **If you develop symptoms,** isolate yourself from others and call your doctor or clinic right away.

EXPOSURE → **QUARANTINE 5 DAYS** → **CAREFULLY RETURN TO NORMAL ACTIVITY**

They should watch for symptoms for all 10 days

Wear a mask for an additional 5 days

DAY 0 **DAY 1** **DAY 5** **DAY 6** **DAY 10**

Keep protecting yourself and others.

This information brought to you by **Community Counseling Solutions** *Changing Lives*

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