COVID-19 with Local Health Authority

If you test negative for COVID-19:

• Go to work or school.
• Go about your daily activities, including shopping.
• Be careful to limit your contacts, especially with those at high-risk.
• Continue to follow all social distancing and preventive guidelines.

If you test positive for COVID-19:

• Stay home and isolate immediately.
• Follow all of the guidelines for COVID-19 isolation.
• Do not leave home without permission from your doctor or local health authority.

If you are up to 90 days after your last positive test:

• Go to work or school.
• Go about your daily activities, including shopping.
• Limit your contacts, especially with those at high-risk.

For more information about COVID-19 or to find your local health authority, please visit Oregon Health Authority's COVID-19 website or call 211.

For more information on COVID-19, please visit www.centraloregonresources.org or call 1-971-673-2411.

For language assistance, please contact Language Access at LanguageAccess@dhsoha.state.or.us.

For more information on COVID-19, please visit www.oregon.gov. For local public health information, call 1-971-673-2411.