



**Date:** March 12, 2022

## COVID-19 Isolation Guidance for the General Population

Individuals within Oregon who have been determined to be a presumptive or confirmed COVID-19 case by their health care provider, or state or local public health officials must follow these isolation requirements.

Failure to comply with this guidance could result in the state or local public health authority issuing an emergency isolation order or seeking a court order for isolation under ORS 433.121 to 433.140.

### **Note:**

This document applies to the general population **but does not apply to:**

- Staff, residents or patients in these settings:
  - Long-term care facilities
  - Adult foster homes
  - Residential healthcare settings (e.g., behavioral health residential treatment facilities, group homes for people with intellectual or developmental disabilities)
  - Inpatient healthcare settings (e.g., hospitals, inpatient hospice)
  - Corrections facilities (e.g., jails and prisons)
  - Other congregate living settings (e.g., homeless shelters, transitional housing)
- Students and staff exposed in K-12 school settings

For COVID-19 isolation and quarantine guidance that applies in the settings listed above you should contact the facility, school, or your local public health authority.

**Definitions:** For purposes of this guidance, the following definitions apply:

- “Close Contact” means an individual who has had a substantial exposure to a confirmed COVID-19 case or a presumptive COVID-19 case.

“Confirmed COVID-19 case” means an individual who has tested positive for COVID-19 by a nucleic acid amplification test or an antigen test, or another method considered reliable by a state or local public health authority.

- “Isolation” or “isolate” means the physical separation and confinement of an individual who is infected or reasonably believed to be infected with a communicable disease from non-isolated individuals to prevent or limit the transmission of the disease to non-isolated individuals.
- “Local public health administrator” has the meaning given that term in ORS 431.003.
- “Presumptive COVID-19 case” means an individual who has symptoms consistent with COVID-19 and who had close contact to a confirmed COVID-19 case 2 to 14 days before symptom onset; or has a positive test result from an at-home antigen test kit.
- “Quarantine” means the physical separation and confinement of an individual who is not up to date with ACIP-recommended COVID-19 vaccinations and has had a substantial exposure to a communicable disease and who does not show signs or symptoms of that communicable disease, from individuals who have not been exposed to a communicable disease, to prevent or limit the transmission of the disease to other persons.
- “State health officer” is the Public Health Officer appointed under ORS 431.045.
- “Substantial exposure” means having been:
  - Within six (6) feet of a confirmed COVID-19 case or presumptive COVID-19 case for 15 minutes or more within one day.
  - In contact with the infectious secretions or clinical specimens of a confirmed COVID-19 case or presumptive COVID-19 case.
- “Up to date with ACIP-recommended COVID-19 vaccinations” means that an individual who is eligible and:
  - If is 18 years of age or older:
    - » Has received two (2) doses of a 2-dose primary series of COVID-19 vaccine within the last 5 months; or
    - » Has received one (1) dose of a 1-dose primary series of COVID-19 vaccine within the last 2 months; or
    - » Has completed a primary 1-or-2-dose COVID-19 vaccine series and received a booster dose of a COVID-19 vaccine.
  - If is 5 to 17 years of age:
    - » Has received 2 doses of a 2-dose primary series of COVID-19 vaccine

## Confirmed COVID-19 cases and presumptive COVID-19 cases are required to:

- Isolate for at least five (5) days after illness onset and until 24 hours after fever is gone, without use of antipyretics, and until COVID-19 symptoms (cough, shortness of breath, and diarrhea) are improving.
- Isolate for at least five (5) days after the collection date of the specimen that tested positive if asymptomatic or only with symptoms other than fever, cough, shortness of breath and diarrhea.
- Isolate for at least 10 days if suffering from severe to critical illness related to COVID-19, if hospitalized for COVID-19, or if the individual has a severely compromised immune system.
- Stay in close communication with local or state public health authorities and cooperate with public health recommendations.

## Individuals should, but are not required to:

- Quarantine or isolate if tribal, state or local public health authorities determine, based on a review of the specific facts, that such action is necessary to protect the public's health, even though the individual does not meet the definition of a close contact or presumptive or confirmed COVID-19 case.
- Wear a mask around other people for the 10 days following symptom onset or date of positive test.
- Review Oregon Occupational Safety and Health Administration resources and requirements related to COVID-19 workplace risks, if reporting regularly to a workplace.

## Additional resources

- [COVID-19: What To Do If You Test Positive](#)
- For additional information regarding isolation and quarantine considerations for exposures in the K-12 school setting, see [Oregon Department of Education's Ready Schools, Safe Learners resources](#).
- [Know the facts about COVID-19](#)
- [COVID-19 resources for communities](#) which includes resources for workers, employers, people with disabilities, and other communities.

**Document accessibility:** For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the COVID-19 Communications Unit at 1-971-673-2411, 711 TTY or [COVID19.LanguageAccess@dhsosha.state.or.us](mailto:COVID19.LanguageAccess@dhsosha.state.or.us)