



Effective Date: December 21, 2020

Statewide Isolation and Quarantine Guidance

Authority: Executive Order No. 20-66, ORS 431A.010, 433.004, 433.441, 433.443

Applicability: This guidance applies statewide to all individuals within Oregon who have been determined to be a presumptive or confirmed COVID-19 case, or a close contact, by their health care provider, state public health officials, or local public health officials.

Enforcement: To the extent this guidance requires compliance with certain provisions, it is enforceable as specified in Executive Order 20-66, paragraph 10. Failure to comply with this guidance could result in the state or local public health authority issuing an emergency isolation or quarantine order, or seeking a court order for isolation or quarantine under ORS 433.121 to 433.140.

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 close contact to a confirmed COVID-19 case.
- “Quarantine” means the physical separation and confinement of an individual who has been or may have been exposed 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 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.

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

- Isolate for at least 10 days after illness onset and until 24 hours after fever is gone, without use of antipyretics, and COVID-19 symptoms (cough, shortness of breath, and diarrhea) are improving.
- Isolate for at least 10 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 20 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.

Close contacts are required to:

- Quarantine for at least 14 days from the date of the last substantial exposure unless the state health officer or designee, or the local public health administrator or designee, determines that quarantine may be ended early for a close contact who has not developed any symptoms:
 - After 10 days of quarantine without any testing; or
 - After 7 days, with a negative test result by an antigen or Nucleic Acid Amplification Test (NAAT) within 48 hours before ending quarantine.
 - **Note:** Shortened quarantine is not an option for residents or patients in these settings:
 - ♦ Long-term care facilities
 - ♦ Adult foster homes
 - ♦ Residential healthcare settings (e.g., behavioral health residential treatment centers, facilities for people with intellectual or developmental disabilities)
 - ♦ Inpatient healthcare settings (e.g., hospitals, inpatient hospice)
- Monitor for symptoms daily.
- Isolate according to this guidance upon becoming a confirmed or presumptive COVID-19 case during quarantine.
- 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.

Exemption from quarantine requirements to return to work

For individuals, except for health care workers, who meet the definition of a close contact **and are asymptomatic**, quarantine restrictions may be lifted in order for the individual to return to work if all the following requirements are met:

- The state health officer or designee, or the local public health administrator or designee, has determined that the individual's work is an essential service and there is a shortage of staff; ¹
- The individual's workplace provides adequate protections against disease transmission to others at the workplace;
- The individual's employer is aware of the individual's quarantine status and is willing to have the individual return to work;
- The individual agrees to wear a medical grade or N95 mask while at work and maintains at least six (6) feet of distance from others at all times; and
- Oregon's Occupational Health and Safety rules do not prohibit the individual's return to work.

An exemption from this quarantine guidance must be in writing and the individual must still observe the quarantine requirements when not at work.

Healthcare workers return to work

A decision by a state or local public health official to permit a healthcare worker that is a confirmed or presumptive COVID-19 case or a close contact to return to work during the period of quarantine or isolation will be governed by the Oregon Health Authority's [Clinical Care, and Healthcare Infection Prevention and Control Guidance for COVID-19](#).

Additional 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 Health Information Center at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsosha.state.or.us

¹ A determination of what is an essential service will be made in coordination with state and local authorities with regulatory oversight of that sector.