What to Expect If You Have Been Diagnosed With COVID-19

After a health care provider lets you know that you have COVID-19, you’ll get a call from your local or tribal public health authority.

They will help you …

- Understand how to self-isolate.
  - When you self-isolate it means you stay away from everyone. This includes the people you live with.

- Remember who you saw and where you went while you were contagious.
  - They will ask everyone you were in contact with to quarantine. Quarantine means to stay home and six feet away from others.
  - To protect your privacy, the caller will not mention your name to your contacts.

They will share information about how to:

- Prevent the spread of the virus
- Care for yourself and your family
- Connect with resources near you

Remember, you can spread the virus without feeling sick.

For individuals with disabilities or individuals who speak a language other than English, OHA can provide documents in alternate formats such as other languages, large print, braille or a format you prefer. Contact Mavel Morales at 1-844-882-7889, 711 TTY or OHA.ADAModifications@dshsoha.state.or.us.