If you were in close contact with someone with COVID-19, you may get a call from a contact tracer working with your local or tribal public health authority. A contact tracer reaches out to people who have been exposed to COVID-19 to offer guidance and support. Answering the call helps to slow the spread of the virus.

You’ll be asked to quarantine.

- **Quarantine means to stay home for 14 days after you were near someone with COVID-19, even if you don’t feel sick. Remember, you can spread the virus without having symptoms.**

- **Contact tracers will call or text you daily during your quarantine to find out how you’re feeling.**

- **If you start to feel sick, they’ll ask you to get a COVID-19 test. They will also ask who you saw before you started quarantine.**

- **After 14 days, if you still feel good, you’re done!**

**Symptoms of COVID-19:**

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Muscle pain
- Sore throat
- New loss of sense of taste or smell

**Contact tracers will share information about how to:**

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

Oregon, let’s answer the call.

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@dhsoha.state.or.us.