How to Quarantine

What does quarantine mean?
Quarantine means keeping someone who might have been exposed to COVID-19 away from others.

What if I feel fine?
You can spread COVID-19 to others even if you don’t have any symptoms.

When should I quarantine?
Even if you don’t feel sick you should quarantine if you:
- Were near someone with COVID-19.

How do I quarantine?
If you have been near someone with COVID-19:
- Stay home and at least six feet away from everyone, including the people you live with, for 14 days.
Your Local Public Health Authority (LPHA) may consider ending quarantine early for you if you have not developed any symptoms:
- After 10 days, without a test, or
- After 7 days, with a negative result within 48 hours before ending quarantine.

Take care
Call your health care provider if you develop COVID-19 symptoms:
- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Sore throat
- New loss of sense of taste or smell
- Fatigue
- Muscle or body aches
- Headache
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Connect with resources
Some people may find it easy to quarantine. However, it may be harder for others. It can be especially hard for those who can’t work from home, live alone, have disabilities or take care of other people in their home.

Here are some resources if you need help:
- Visit 211info.org or call 211.
- Oregon Health Plan members can contact ohp.oregon.gov.
- Your local or tribal public health authority will help you find resources.
- Central Oregon resources can be found at www.centraloregonresources.org.
- Oregon Health Authority’s COVID-19 website

When do you not have to quarantine?
You do not need to quarantine, if:
- You received both doses of a two-dose COVID-19 vaccine (or one dose of a single-dose vaccine) AND
- It has been at least 14 days since your final dose of COVID-19 vaccine

OR
- You have been diagnosed with COVID-19 within the last 90 days.
You should still monitor yourself for COVID-19 symptoms for 14 days after exposure. If symptoms develop, you should isolate and seek testing.

Please don’t …
- Go to the grocery store
- Go to the pharmacy
- Have friends over
- Exercise in a group

You can …
- Exercise alone
- Play games or puzzles
- Garden or sit outside your home
- Connect with people remotely

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@dhsoha.state.or.us.

OHA 2388B (07/19/2021)