



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.
- Traveled to Oregon from out-of-state for non-essential reasons.
- Returned to Oregon from non-essential travel out-of-state.

What is essential travel?

- Essential travel includes: work and study, critical infrastructure support, economic services and supply chains, health, immediate medical care, and safety and security.
- Non-essential travel includes travel that is considered tourism or recreational in nature.

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.

If you are quarantining because of non-essential travel:

- Stay home for 14 days. You do not need to stay six feet away from the people you live with.

A 14-day quarantine is the safest option to prevent the spread of COVID-19 to others.

If you have not had any symptoms, you may consider ending quarantine early:

- After 10 days, without any testing, or
- After seven days, if you have had a negative result from an antigen or polymerase chain reaction (PCR) test that was administered less than 48 hours before you end quarantine.

If you choose to shorten your quarantine period, there is a small chance you may transmit the infection to others post-quarantine, so it is critical that you continue to monitor yourself for symptoms daily. If symptoms develop, you should return to quarantine, notify your local public health authority and call your health care provider to discuss testing.

Shortened quarantine is not an option for residents or patients in long-term care facilities and other congregate care settings. Please visit the [Oregon Health Authority's COVID-19 website](#) for more information.

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



What if I have been vaccinated?

If you have received the COVID-19 vaccine, you do not need to quarantine if:

- You have received both doses of a two-dose COVID-19 vaccine (or one dose of a single-dose vaccine if it becomes available) AND
- It has been at least 14 days since your final dose of COVID-19 vaccine AND
- You have no COVID-19 symptoms

You should still monitor yourself for COVID-19 symptoms during the 14 days after exposure, and if symptoms develop, you should isolate and seek testing.

You can ...

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



Please don't ...

- ✗ Go to the grocery store
- ✗ Go to the pharmacy
- ✗ Have friends over
- ✗ Exercise in a group



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.

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.