



## 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 or returned to Oregon from out-of-state for non-essential reasons.

### What is essential travel?

- Essential travel includes: work and study, critical infrastructure support, economic services and supply chains, health, 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.

Please visit the [Oregon Health Authority's COVID-19 website](#) for more information.

### What if I have been vaccinated?

If you got the COVID-19 vaccine, 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 AND
- You have no COVID-19 symptoms

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

### 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

### 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](https://211info.org) or call 211.
- Oregon Health Plan members can contact [ohp.oregon.gov](https://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](https://www.centraloregonresources.org).