



## 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?

- If you were near someone with COVID-19, even if you don't feel sick.

### 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 shorter quarantine 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.
- If a household member has COVID-19 and they cannot isolate away from you, you should quarantine for a full 14 days after the person with COVID-19 completes their 10-day isolation period. This could mean quarantining during the 10-day isolation period while your household member is contagious, and additional 14 days of quarantine for you, for a total of 24 days.

#### You can ...

- ✓ Exercise alone
- ✓ Play games or puzzles
- ✓ Garden or sit outside
- ✓ Connect remotely

#### Please don't ...

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

### 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](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).
- [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 symptoms for 14 days and get tested (ideally 5-7 days after exposure). If symptoms develop, isolate and seek testing.