



## 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 5 days.
- If you can, get tested after 5 days. If you test positive, [isolate at home](#).
- If you have no symptoms you can leave quarantine after 5 days. Wear a well-fitting mask around others for 5 more days.
- If a household member has COVID-19 and they cannot isolate away from you, you should quarantine for a full 5 days starting after the person with COVID-19 completes their 5-day isolation period. This could mean quarantining during the 5-day isolation period while your household member is contagious, and an additional 5 days of quarantine for you, for a total of 10 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

### When do you not have to quarantine?

You do not need to quarantine if you are up-to-date with your COVID-19 vaccination, at the time of exposure. Up-to-date means:

- You have received both doses of a two-dose COVID-19 vaccine (Pfizer-BioNTech or Moderna) within the past five months (or one dose of a single-dose vaccine (Johnson & Johnson) within the past two months) AND
- It has been at least 14 days since your final dose of COVID-19 vaccine **OR**

### Take care

Call your health care provider if you develop COVID-19 symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Sore throat
- Fatigue
- New loss of sense of taste or smell
- Muscle or body aches
- Headache
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### Connect with resources

For more information on quarantine and isolation visit:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>.

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:

- Tested positive? Visit [Oregon.gov/positivecovidtest](https://oregon.gov/positivecovidtest) or call 866-917-8881 (toll free) if you need assistance.
- 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.
- [Oregon Health Authority's COVID-19 website](#)

- You have received a booster dose (no need to wait 14 days) **OR**
- You have been diagnosed with COVID-19 within the last 90 days.

You should still monitor yourself for symptoms for 10 days and get tested (ideally 5 days after exposure). If symptoms develop, isolate and seek testing.

\* **Note:** If you test positive for COVID-19, you must isolate at home regardless of your vaccination status. Please see [How to Isolate](#) for information on isolation.