

Understanding Quarantine and Isolation

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These guidelines apply for the **general public, including schools and childcare settings**. For people **who live or work in shelters, healthcare, correctional settings or certain other care settings, isolation and quarantine guidelines are different**. Check with your employer to understand guidance for these settings.

What to do if you were exposed* to someone with COVID-19 but do not have symptoms

***Exposed** means spending at least 15 minutes or more within 6 feet of someone over the course of a day, with or without a mask.

Quarantine means staying home and away from others after an exposure to see if you become sick or infected. Starting March 12, Oregon Health Authority no longer requires quarantine for most people who were around someone with COVID-19.

If you were **exposed** to someone with COVID-19, you do not need to stay home. However, regardless of vaccination status, you should:

1. Watch for **symptoms** for **10 days**.
2. Consider **wearing a mask** around others for 10 days.
3. Get tested if you can 5 days after your last exposure.
4. If you test positive and/or develop COVID-19 symptoms, stay home and follow isolation guidelines (below).



Think about where you will be and who you will be around. You can continue to protect people at high risk for severe COVID-19 by limiting your in-person contact or wearing a mask around them.

What to do if you have symptoms or test positive for COVID-19 (isolation guidance)

1. Stay home and away from others (isolate) for **at least 5 days**.
2. After 5 days, you can leave home if you
 - a. have had **no fever for at least 24 hours** without fever-reducing medicines **AND**
 - b. have only **mild symptoms that are improving**.
3. Continue to carefully **mask around others for 5 more days**.

If you have questions about what to do if you test positive or have been around someone with COVID-19, **call 866-917-8881**. If you need help with resources for staying home during your isolation, call **211**.



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