

COVID-19 ISOLATION AND QUARANTINE

GUIDE

TOGETHER, WE CAN KEEP
MARION COUNTY HEALTHY



HELP SLOW THE SPREAD



OREGON

Health & Human Services

3	Introduction	8	DIY Contact tracing
4	Isolation	9	Tips to Limit Your Risk of Getting COVID-19
5-6	Quarantine	10	Marion County Resources
7	Isolation and Quarantine Help		





You did the right thing getting tested for COVID-19. Testing is the best way to find and slow the spread of this virus.

It may take a few days to get the results of your test. If you test positive, you may be contacted by your local public health department. As COVID-19 cases continue to rise in our community, local public health teams may not be able to call everyone who tests positive. This guide will help you take action to keep yourself, your family, your co-workers, and your friends safe.

While you are waiting for the results of your COVID-19 test, you should stay home and away from others. Doing so will keep you from giving the virus to others if you have it.

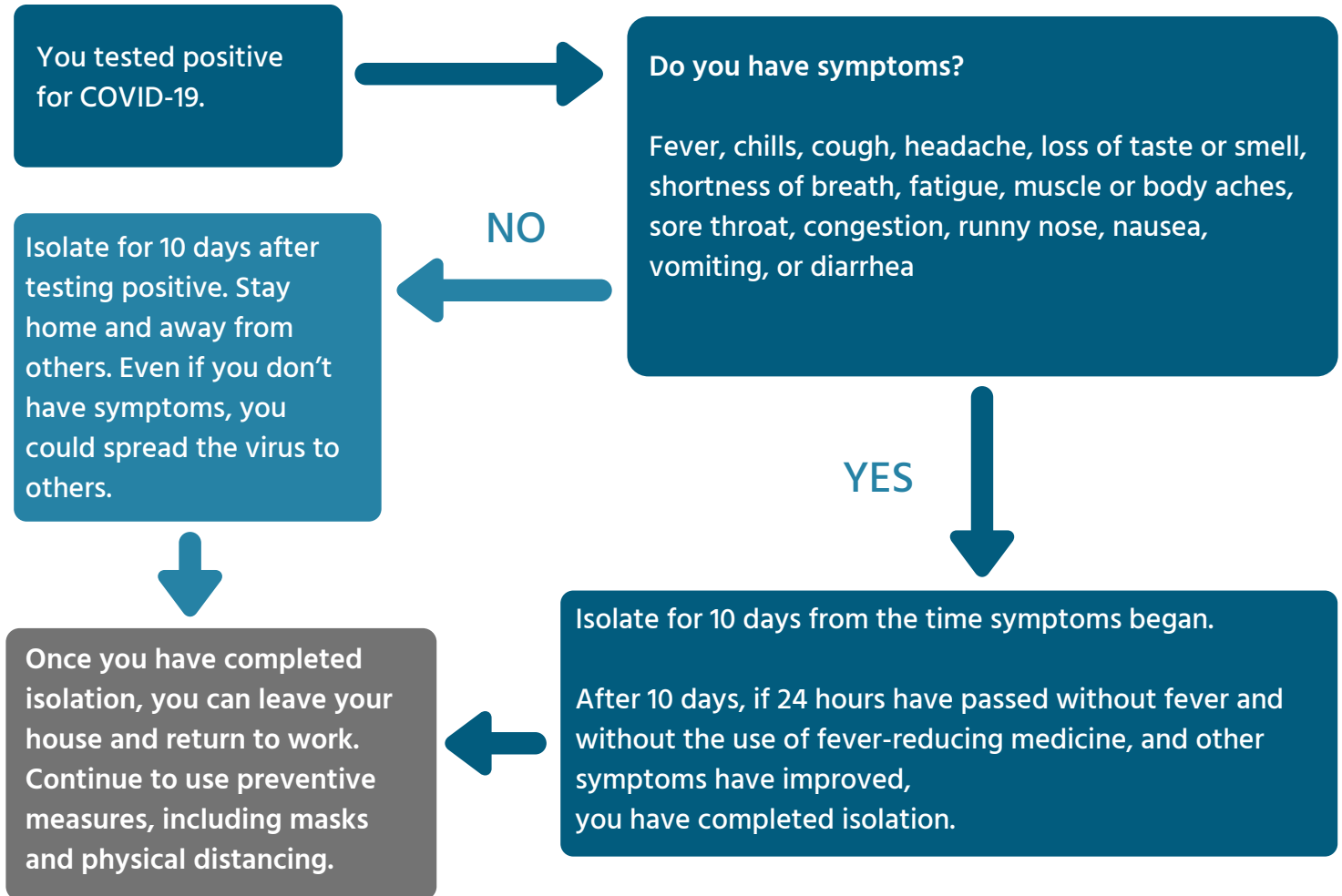
If you test negative, follow any instructions from your healthcare provider. Even if you have tested negative, you may still need to stay home away from others (quarantine) if you have been around someone else who has tested positive.

If you test positive, whether or not you have symptoms, stay home and separate from others. If you have questions, you can call the Marion County Warmline at 503-576-4602.

If you are contacted by one of the county's contact tracers, it is because someone you know has been exposed to COVID-19 and you may have been as well. Our goal is to guide and support you to help make the best decision to protect your friends and family.

ISOLATION

Isolation keeps someone who is infected with COVID-19 away from others, even in their own home. You need to isolate if you have symptoms or have tested positive for COVID-19.





Quarantine keeps someone who has been exposed to COVID-19 away from others. It helps keep people from spreading the virus before they know they are sick or in case they have COVID-19, but have no symptoms.

It is very important that you quarantine (stay apart from others) if you have had recent close contact with someone who is sick with COVID-19 or who has tested positive for the virus.

Close contact means spending 15 or more minutes within 6 feet of someone who has COVID-19 within a 24 hour period.

People are most likely to spread the virus in the day or two before they have symptoms. Some people never show symptoms, but can still spread the virus. Staying in quarantine at home and away from others during this important time will help keep you from spreading the virus.

Your quarantine should start as soon as you know you've been in close contact with someone who is sick with COVID-19 or who has tested positive for the virus. Staying in quarantine will help keep you from spreading the virus if you get it.

Stay home for 10 days after your last contact with someone who has COVID-19.

Even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) because symptoms can show up from 2 to 14 days after exposure to the virus. You might test negative during this time because there may not be enough of the virus in your system yet.



QUARANTINE

Anytime you have had close contact with someone who tests positive for COVID-19, you will need to restart your quarantine. Staying home can be difficult, below are some examples of activities you can do while in quarantine.



Staying home until you can no longer spread the COVID-19 virus is really important, but staying home is not easy and you might need help.

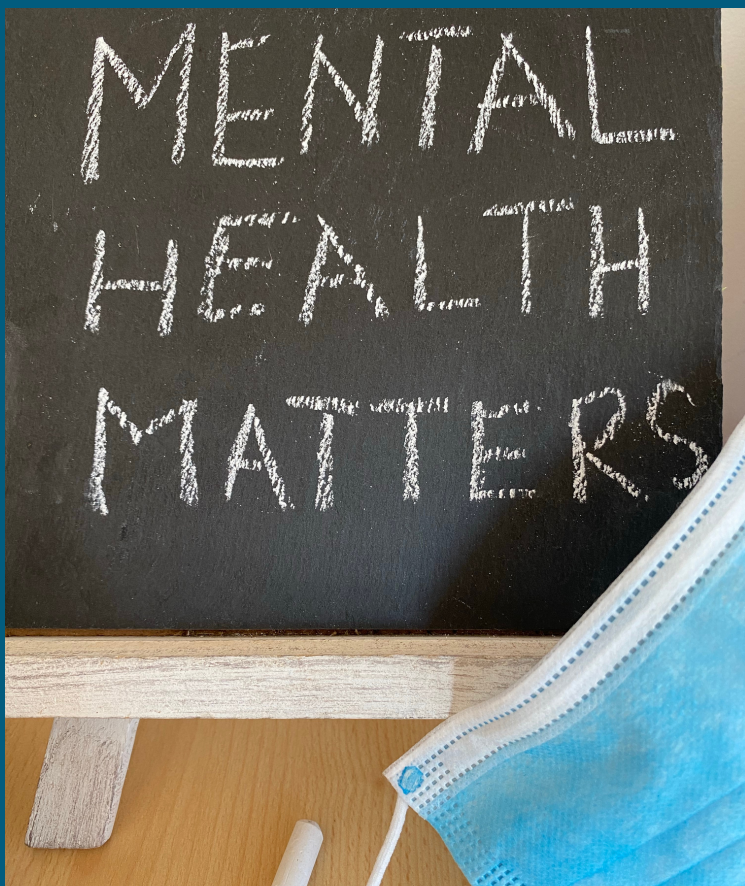
We can help you get support so you can stay home for as long as you need to. Help is available in your community, including:

- Food;
- Grocery or medication delivery;
- Financial help for rent, utilities, and other monthly bills;
- Help isolating away from your family; and
- Unemployment and sick leave.

How to get services:

If you are contacted by the Public Health Department notifying you of a positive test result, the health worker can connect you with services to help you quarantine. If you don't hear from public health, but need to quarantine, resources are still available:

- Call 211 and ask about services that are available to you while you are in isolation or quarantine. 211 has interpreters available.
- Call the Marion County Warmline at 503-576-4602 to be connected with support for your isolation and quarantine.



DIY CONTACT TRACING

If you have tested positive for COVID-19, you can help slow the spread by telling those you've been in close contact with right away.

Tell your close contacts yourself.

Because of the high number of people who are getting COVID-19, not everyone who is positive will get a call from a public health worker. Health workers will focus first on those most at risk of serious illness or spreading the virus to a lot of other people.

- **If you had or have symptoms**, contact the people you were in close contact with beginning 2 days before your symptoms began.
- **If you did not or do not have symptoms**, contact the people you were in close contact with beginning 2 days before you took your COVID-19 test.

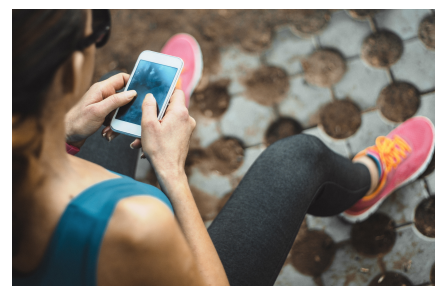
Call, email, or text close contacts as soon as possible. Timing matters!

People are most contagious the day or two before they have symptoms and some people never show symptoms. People usually start to be contagious only 4 days after they get infected. If you can reach your friends and family within four days of their being around you, you can keep the next person from getting sick with COVID-19. The sooner you let your contacts know, the sooner they can take action to stop the spread.

Ask them to stay home, away from others, and to get tested.

They can talk to their doctor about getting a test, call 2-1-1 if they don't have a doctor, or get tested at a community testing site. It's best if they wait 3 to 4 days from when they were around you before taking a test. The test may not work if they get tested too soon. If they test positive, they should tell anyone they've been in close contact with.

No matter the test result, your close contacts should quarantine at home for 14 days since you were last together.





STAY HOME
🛒
WE DELIVER

Understand the potential risks of going out:

- While in quarantine there may be essential trips that you have to make. While there is no way to ensure zero risk of spreading the virus, it is important to understand potential risks and how to adopt different types of prevention measures to protect yourself and to help reduce the spread of COVID-19;
- Make sure to limit your trips to essential trips only, especially if you have underlying medical conditions.

What you need to know:

- Use online services when available;
- Wear a mask when around other people;
- Use social distancing (stay at least 6 feet away from others).

Grocery Shopping:

- If possible, limit visiting the grocery store, or other stores selling household essentials, in person. In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread;
- Order groceries and other items online for home delivery or curbside pickup if possible, or check with your local grocery store to see if pre-order or drive-up options are available.

Deliveries & Takeout:

- If possible, pay online or on the phone when you order;
- Accept deliveries without in-person contact whenever possible. Ask for deliveries to be left in a safe spot outside your house (such as your front porch or lobby), with no person-to-person interaction. Otherwise, stay at least 6 feet away from the delivery person.

Resources in Marion County

For information about resources available to help you quarantine or self-isolate, including food, help with rent and utilities, and other needs, call the Marion County COVID-19 Warmline at 503-576-4602, or visit bit.ly/MCSupports.

For a full list of supports and services available through local community based organizations, information about local testing events, and more COVID-19 resources, visit Marion County's COVID-19 website: www.COVID-19.MCHealthy.net.

