



COVID-19

AFTER YOU GET TESTED





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INTRODUCTION

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 and to be contacted by public health if you do test positive.

While you are waiting for the results of your COVID-19 test, you should stay home and away from others. Doing so will help keep you from giving the virus to others if you have it. Once you get the results of your test, you may be told to isolate or quarantine. If you have any problem isolating or quarantining, there is help. (See page 11.)

If you test negative - Follow any instructions from your healthcare provider. Even if you have tested negative, if you have been around someone with COVID, you may still need to stay home away from others (quarantine). Continue everyday measures to protect yourself and others.

If you test positive - Whether or not you have symptoms, stay home and separate from others. This booklet has helpful information for caring for yourself and others when you are positive for COVID-19.

Some of this information can be very confusing. If you have questions or need help understanding what you need to do, your local public health agency can help. Call with any questions or if you need more information:

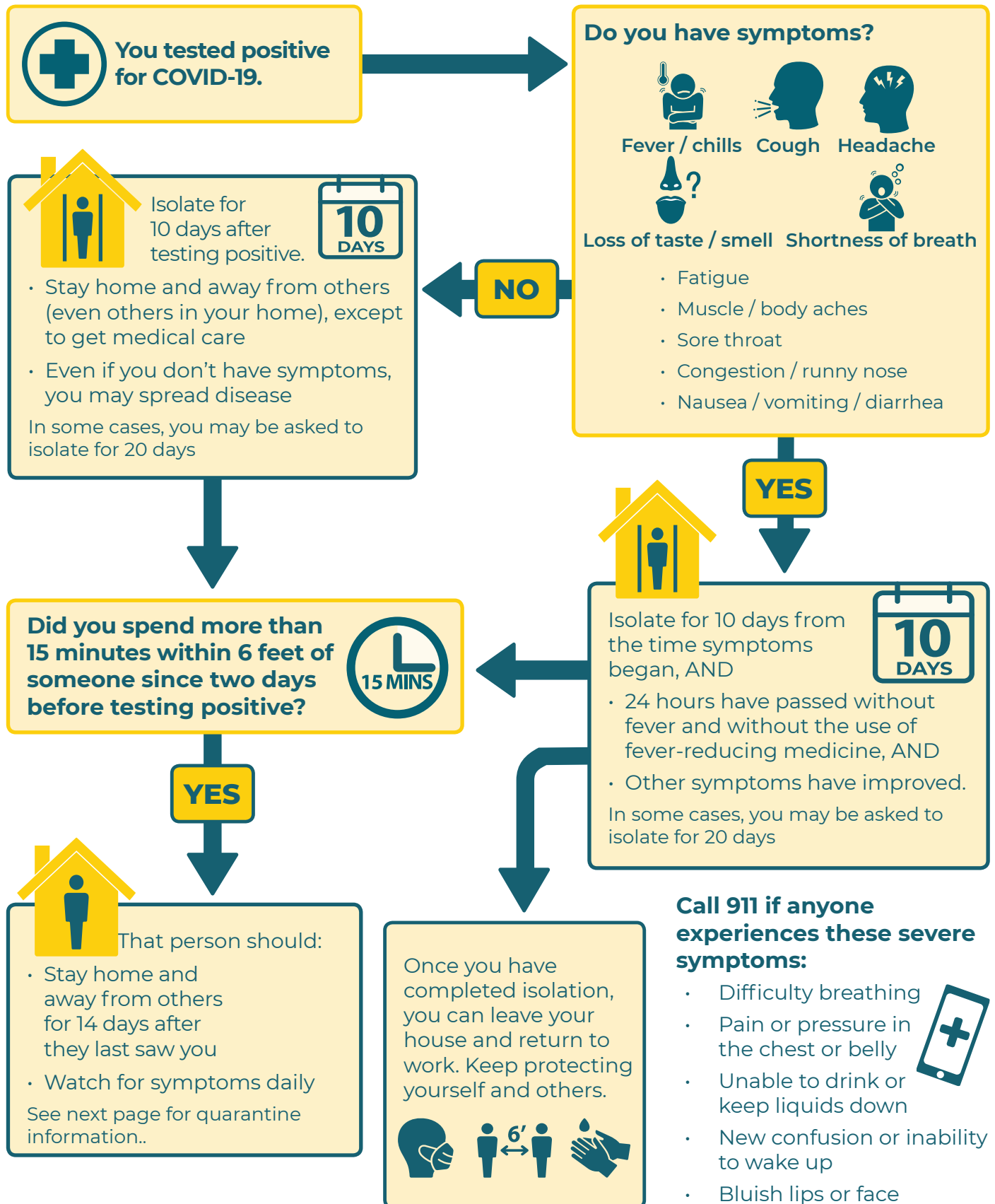
- » **Multnomah County:** 503-988-3406
- » **Clackamas County:** 503-655-8224
- » **Columbia County:** 503-397-7247
- » **Washington County:** 503-846-3594



**LET'S SLOW THE
SPREAD
TOGETHER**

ISOLATION

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



QUARANTINE

Quarantine keeps someone *who might have 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.

You will be asked to quarantine 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.



WHEN TO START AND END QUARANTINE

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 14 days after your last contact with someone who has COVID-19. It can be hard to tell when to end quarantine and be around others. Use this information to help you.

In each of the cases below, **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 virus in your system.

You had close contact with someone who has COVID-19 and will not have any more close contact

Date of last close contact with person who has COVID-19 + 14 days = end of quarantine

You had close contact with your co-worker/neighbor/friend who has COVID-19. You will not have further contact with them while they are sick.

Your last day of quarantine is 14 days from the date you had close contact with them.



You live with the person who has COVID-19 and can avoid more close contact

Date person with COVID-19 began home isolation + 14 days = end of quarantine

Your roommate/partner/family member has COVID-19 and they are isolating by staying in a separate room.

Your last day of quarantine is 14 days from when you last spent 15 minutes within 6 feet of them.

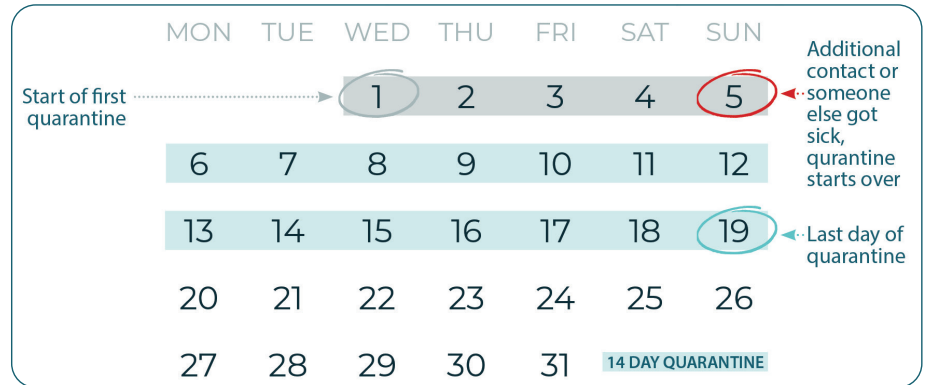


WHEN TO START AND END QUARANTINE

You are in quarantine, but live in a home where you can't avoid some close contact

You live with someone who has COVID-19 and started your 14-day quarantine because you had close contact. What if you have more close contact with them during your quarantine, or if someone else in your home gets sick with COVID-19?

Date of additional close contact with person who has COVID-19 + 14 days = end of quarantine



You have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19 (has symptoms or tested positive).

Anytime a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.

You live with someone who has COVID-19 and can't avoid ongoing close contact

Date the person with COVID-19 ends home isolation + 14 days = end of quarantine

You can't avoid close contact with the person who has COVID-19. Maybe you are caring for them, don't have a separate bedroom to isolate them, or live in a small space where you can't keep 6 feet from them.



You should avoid contact

with others outside your home while the person is sick, and quarantine for 14 days after they recover. (See page 10, *When can I be around others?*)

There is help available if you need to isolate or quarantine someplace other than your home. Call 211 for more information. (See page 11.)

Adapted from the Centers for Disease Control and Prevention (CDC). Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases 8/31/20

WHAT I CAN AND CAN'T DO

While I'm in isolation or quarantine

	Isolation	Quarantine
Who?	People sick with COVID-19 or who tested positive for COVID19 (with or without symptoms).	People with no symptoms and who were in close contact with someone who tested positive for COVID-19. Close contact means 15 minutes or more within 6 feet with or without a mask or face covering.
Should I stay home?	Yes	Yes
Can I go to work or school?	No. You can work at home if your job allows it and if you feel well enough.	No. Work at home if your job allows it.
Can I go to the doctor or get health care? If you don't have a health care provider, call 211 for more info.	Yes. Contact your health care provider before going to their office. They may set up a video/phone appointment or need you to follow special steps if you go to the office.	Yes. Contact your health care provider before going into their office. They may set up a video/phone appointment or need you to follow special steps if you go to the office.
Can people visit me?	No. No one outside your household should visit you. Limit visiting with those <i>in</i> your household to one person if you need help or care. When you are with people in your household, wear masks, stay 6 feet apart, and wash hands often.	No. No one outside your household should visit you.
Can I go outside for walks, bike rides, hikes?	No, not until you have recovered. (See page 11 <i>When can I be around others?</i>)	Going outside is okay as long as you are completely alone and stay away from others until 14 days have passed and no symptoms have appeared. Wear a mask if you can't keep 6 feet apart.

WHAT I CAN AND CAN'T DO

While I'm in isolation or quarantine

	Isolation	Quarantine
Can I go out for groceries and other essential items like medications?	<p>No, not until you have recovered. (See page 11 <i>When can I be around others?</i>)</p> <p>There is help available to get the things you need and stay in isolation. (See next section.)</p>	<p>No, not until 14 days have passed and no symptoms have appeared.</p> <p>There is help available to get the things you need and stay in isolation. (See next section.)</p>
Do I have to stay in a separate room in my home?	<p>Yes, stay in a separate room or area, if you can, until you have recovered.</p>	<p>Yes, if you can, until 14 days have passed and no symptoms have appeared. Continue to watch for symptoms.</p>
What if I start to feel sick? Call 911 if you have these severe symptoms: <ul style="list-style-type: none"> • Difficulty breathing • Pain or pressure in the chest or belly • Unable to drink or keep liquids down • New confusion or inability to wake up • Bluish lips or face 	<p>Call your health care provider. If you don't have a health care provider, call 211 for more info.</p>	<p>Call your health care provider. If you don't have a health care provider, call 211 for more info.</p>
When can I be around others?	<p>If you have been sick, you can be around others when:</p> <ul style="list-style-type: none"> • At least 10 days have passed since your first symptoms AND • You have no fever for 24 hours without the use of medicine AND • Your symptoms improve <p>If you tested positive, but never had symptoms, you can be around others when 10 days have passed since your test.</p>	<p>You can be around others after 14 days from your last close contact (15 minutes or more, within 6 feet of someone who has COVID-19).</p> <p>See page 7 <i>When To Start And End Quarantine</i></p> <p>If you have developed symptoms, follow the instructions for isolation.</p>

ISOLATION AND QUARANTINE HELP

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 and in your language from organizations you know, including:

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

How to get services

- Answer the call from the health department. If you have tested positive for COVID-19, this is the best way to get help with isolation or quarantine. The public health worker who calls will ask what help you might need and can connect you to services. If you miss the call, they will leave a message. Call back to get connected to services. Interpreters are available.
- Talk with your health care provider and ask to be connected with support for your isolation and quarantine. Your provider may be able to help you.
- Call 211 yourself and ask about services that are available to you while you are in isolation or quarantine. 211 has interpreters available. If you are not in isolation or quarantine, but need support, you can still seek help.
- Find more information:
 - » **Multnomah County:** multco.us/covid19
 - » **Clackamas County:** clackamas.us/coronavirus
 - » **Columbia County:** columbiacountyor.gov/departments/PublicHealth
 - » **Washington County:** co.washington.or.us/covid-19

TELLING CLOSE CONTACTS

If you have tested positive for COVID-19, you can help slow the spread of COVID-19 by telling those you've been in close contact with and by answering the call from public health.

1. Tell your close contacts right away.

- **Tell your close contacts yourself as soon as possible, even before public health calls you.** It might take a couple of days after you get your test results before a health worker can reach you.
- Close contact means spending 15 minutes or more within 6 feet of someone with or without a mask.
- **If you had symptoms:** Contact the people you were in close contact with beginning 2 days before your symptoms began.
- **If you did not have symptoms:** Contact the people you were in close contact with beginning 2 days before you took your COVID-19 test.
- Talk to, email or text each person to let them know you tested positive.
- Your close contacts should quarantine at home for 14 days since you were last together. And they should talk to their doctor about getting a COVID-19 test, even if they don't have symptoms.
- Visit multco.us/covid19 for more information.

2. Answer the health worker's call.

- A public health worker doing contact tracing will call you if you test positive. These workers help slow the spread of the virus by finding out who you may have infected and keeping them from spreading the virus to others.
- Let them know your close contacts and the places you visited. If you haven't reached out to your close contacts already, the health worker will help you identify and inform them.
- All information you share will be kept private and is not shared with the federal government, ICE, or your landlord.
- Health workers will not ask for Social Security numbers, bank information, or credit cards.

TELLING CLOSE CONTACTS

Need help telling people?

Here's an example of what to say to your close contacts:

"After we spent time together recently, I was tested for COVID-19 and tested positive. Because we had close contact, public health recommends that you quarantine at home for 14 days since we last saw each other. Talk to your doctor about getting a test, even if you don't have symptoms. You can call 211 for information about no-cost test sites if you don't have a doctor.

I know this may be hard news to hear, so if you want to talk, give me a call.

Public health will call you in the next couple days to answer questions and confirm how long you should stay home. They offer help with rent, food delivery and other resources you might need while quarantining. They can help you get connected. You can also call 211 for more information."



TELLING YOUR EMPLOYER

If you work in food service, you are required by law to tell your supervisor you tested positive for COVID-19. If you do not work in food service, you are not required to tell your employer.

Do not go to work

If you test positive for COVID-19, stay home, even if you don't have symptoms. Call in sick. Take sick leave if you have it. Isolate yourself as directed in Isolation/Quarantine (pages 5-6).

If your employer requires a doctor's note to stay home, you can contact your doctor, clinic, or the place where you got tested.



Will my employer question me about COVID-19 symptoms?

During a pandemic, employers who are required to comply with the Americans With Disabilities Act (ADA) may ask employees if they are experiencing symptoms. Employers must keep all information about employee illnesses as confidential medical records, in compliance with the ADA.

TELLING YOUR EMPLOYER

Sick leave options

- Paid sick time - Oregon law gives all employees sick time, including part-time workers. You get this if your employer has 10 or more employees (6 or more in Portland).
- Families First Coronavirus Response Act - Requires covered employers to provide medical leave for specific reasons related to COVID-19, and emergency paid sick leave or expanded family leave.
- Pandemic Unemployment Assistance - Provides financial assistance if you're unable to work due to COVID-19 and don't qualify for regular unemployment (self-employed, contractor, gig worker, new hire, etc).

Contact Oregon OSHA to report hazards at your worksite, or if you believe you have been discriminated against on the basis of safety and health issues.

Will my employer tell my coworkers I tested positive?

Employers may inform employees of their exposure to COVID-19 in the workplace. But they must maintain confidentiality and not reveal your personal information as required by the Americans with Disabilities Act (ADA).

Sometimes a public health worker will need to notify your workplace if you were there while you were infectious. The health worker will work with you to do this safely and privately.

When you're ready to go back to work

When you feel healthy again, and meet the requirements to be around others (see page 10, *When can I be around others?*), you can go back to work. Local Health Departments do not recommend employers ask employees to provide proof of a negative COVID-19 test to return to work. However, if your employer does require a negative test to return to work, they must pay for the test.

WHERE TO GET TESTED

If you have insurance, you can contact your doctor or clinic to request a test.

If you don't have insurance, call 211 for help finding a clinic.



Free testing is available around the region and is open to all those with COVID-19 symptoms and their close contacts. Testing is available even if you don't have health insurance or a health care provider.

Test site locations and hours change and new sites may be added. Call or go to your local public health website to get up-to-date schedule and appointment information.

» **Multnomah County**

503-988-8939, multco.us/covid19

» **Clackamas County**

503-655-8224,

<https://www.columbiacountyor.gov/departments/PublicHealth/TestingSites>

» **Columbia County**

503-397-7247, [columbiacountyor.gov/departments/PublicHealth](https://www.columbiacountyor.gov/departments/PublicHealth)

» **Washington County**

503-846-3594, www.co.washington.or.us/covid-19-testing

» **Oregon Health Authority**

govstatus.egov.com/or-oha-covid-19-testing

IMPORTANT: If you've been in close contact with someone infected with COVID-19, please wait 3-4 days from the time you were exposed before getting tested. The test may not work if you get tested too soon. Stay home and away from others while you wait.

If you need help or more information call 211.

10 ways to manage respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your doctor. They may tell you to manage your care from home. Follow these tips:

1. Stay home until:

- It has been at least 10 days since your symptoms began **AND**
- You have had no fever for 3 days without any medicine for fever **AND**
- Your symptoms have improved.



- 6. When you cough or sneeze, cover your mouth** with a tissue and throw it away.



- 2. Monitor your symptoms carefully.** If your symptoms get worse, call your doctor immediately.



- 7. Wash your hands** often with soap and water for at least 20 seconds.



- 3. Get rest and drink a lot of fluids.**



- 8. As much as possible, stay away from other people,** stay in a separate room and use a separate bathroom. Wear a mask when you are near others.



- 4. Before you go to the doctor,** call and tell them that you have or may have COVID-19.



- 9. Avoid sharing any household items,** including food.



- 5. For emergencies,** call 911. Tell them that you have or may have COVID-19.



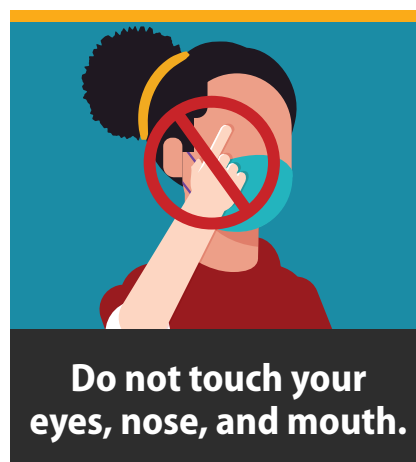
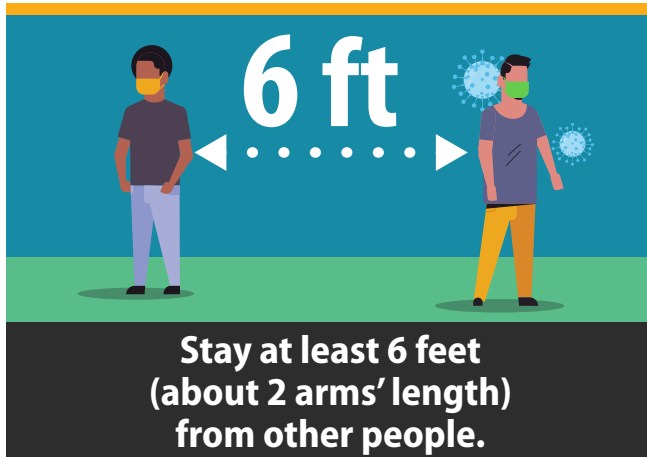
- 10. Surfaces that you touch often should be cleaned every day.**



Call 211 or go to 211info.org to find other resources.

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



cdc.gov/coronavirus

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HOW TO USE A CLOTH FACE COVERING

06142020 ENGLISH



1. Wash hands.



2. Make sure face covering is clean.



3. Touch face covering as little as possible as you put it on.



4. Cover nose, mouth and chin.



5. Secure with ties or ear loops.



6. Fit should be snug but comfortable.



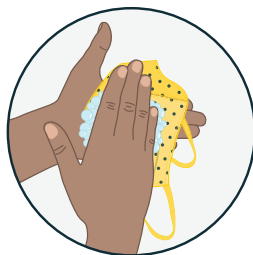
7. Make sure you can breathe through face covering.



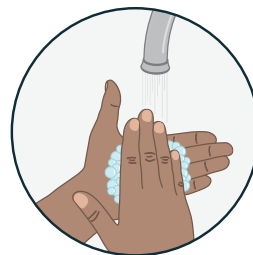
8. Avoid touching face or face covering.



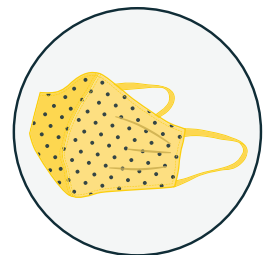
9. Take face covering off using ties or ear loops.



10. Wash face covering with hot water and soap after each use.



11. Wash hands.



12. Be sure face covering has dried without damage or change to shape.

HOW TO USE HAND SANITIZER

Designed using resources from Freepik.com



apply to palm
of hand



rub palm
to palm



between fingers



fingernails



wrists



thumbs



rub until dry
(20 seconds)



disinfected
hands

Questions?

Visit multco.us/covid19 or your local health department's website for more information on what to do if you test positive for COVID-19, how to isolate or quarantine and how to get support to stay home.

Hold your smartphone's camera over this QR code to go directly to the info.

