

COVID-19

WHAT TO DO IF YOU TEST POSITIVE

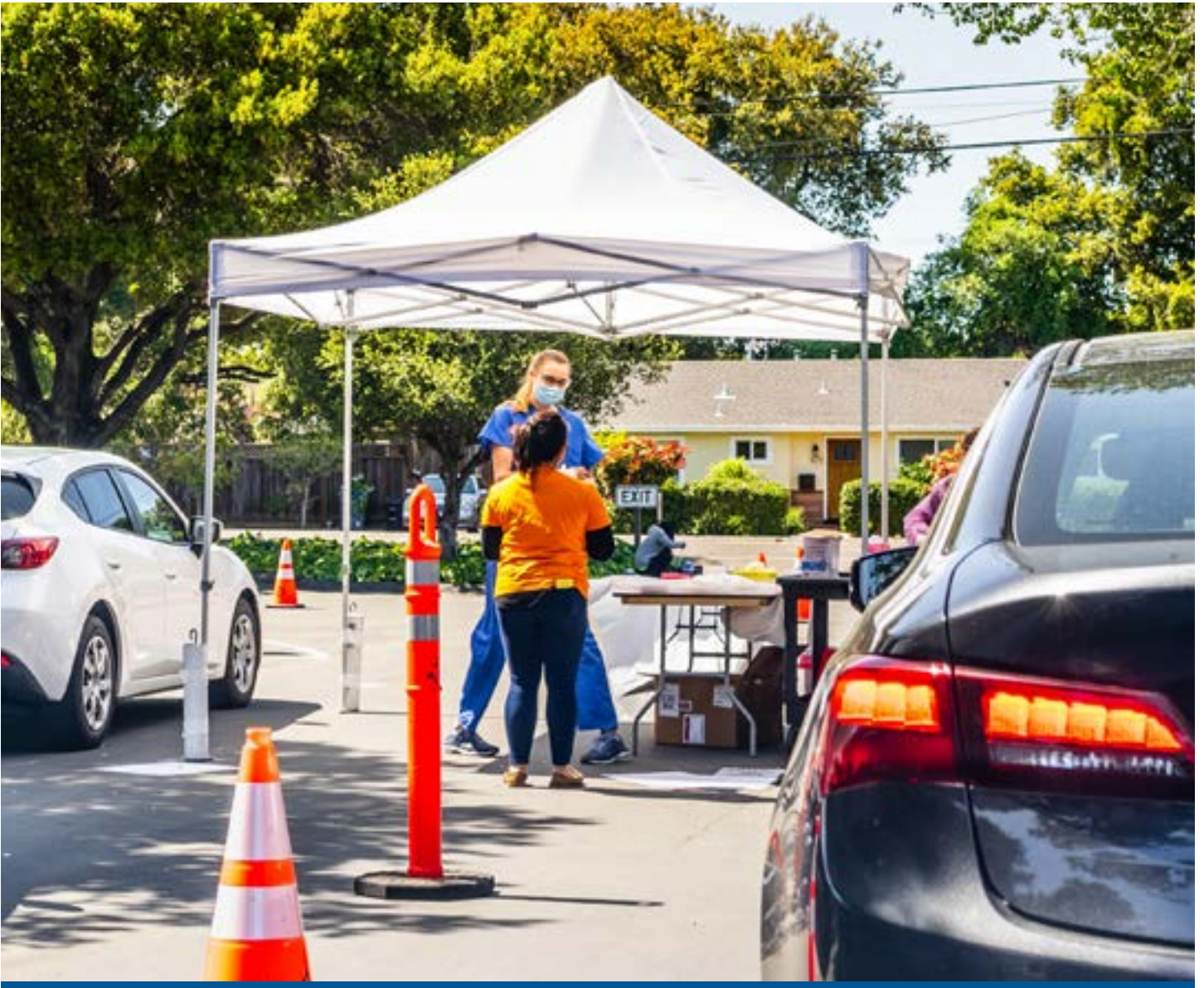


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INTRODUCTION

You did the right thing getting tested for COVID-19. Testing can confirm whether you have COVID-19 and inform treatment, if needed.

This guide will help you take action to keep yourself, your family, your co-workers and your friends safe.

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 or health care provider can help.

You can also call 211 with any questions about what to do next, or visit <https://govstatus.egov.com/or-oha-covid-19-positive-test>.

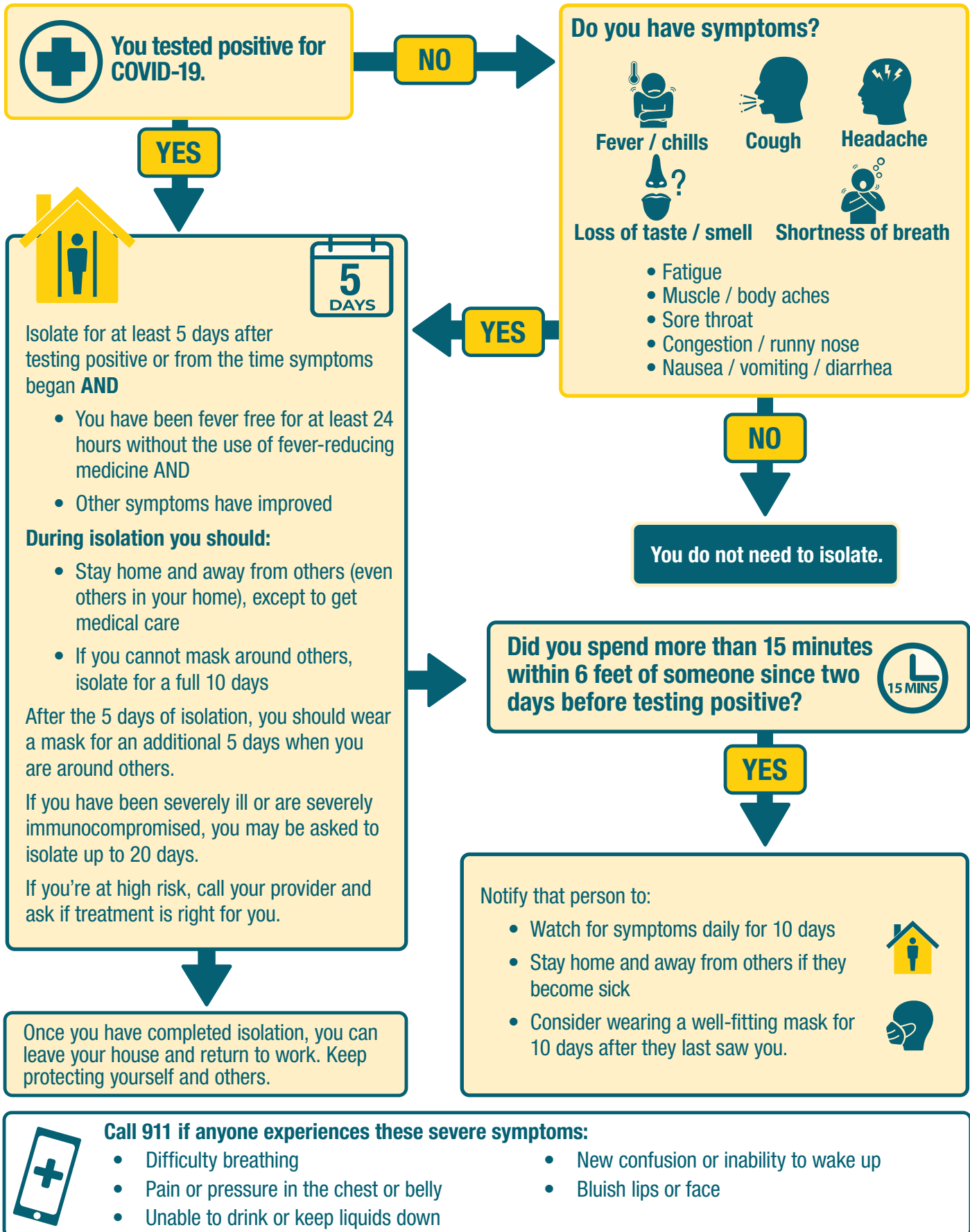
The following document is to help those that have tested positive for COVID-19 to understand what they should do and where they can receive help and assistance. We would like to recognize and thank Multnomah County for their work and allowing OHA to adapt this for use by other local health authorities.



**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 need to isolate if you have symptoms or have tested positive for COVID-19.



WHAT I CAN AND CAN'T DO

While I'm in isolation

	Isolation
Who?	People sick with COVID-19 or who tested positive for COVID-19 (with or without symptoms).
Should I stay home?	Yes
Can I go to work or school?	No. You can work or study at home if your job/school allows it and if you feel well enough.
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.
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.
Can I go outside for walks, bike rides, hikes?	Yes. You can go outside during your isolation as long as you are alone and maintain physical distance from others. You should not participate in any group activities, even if outside.
Can I go out for groceries and other essential items like medications?	No, not until you have recovered. (See below.) There is help available to get the things you need and stay in isolation. (See next section.)
Do I have to stay in a separate room in my home?	Yes, stay in a separate room or area, if you can, until you have recovered.
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 	Call your health care provider. If you don't have a health care provider, call 211 for more info.

WHAT I CAN AND CAN'T DO

While I'm in isolation

	Isolation
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 5 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 5 days have passed since your test if you can wear a mask for an additional 5 days.</p>

QUARANTINE

Quarantine keeps someone *who has been exposed to COVID-19* away from others. As of March 12, 2022, Oregon has paused the need to quarantine for the general population, including school and child care settings. There are still some high risk settings where quarantine is recommended, such as healthcare settings, houseless shelters, and places where individuals from different households live together for an extended amount of time (e.g. care facilities, carceral facilities, group homes).

Please notify anyone who you may have come in close contact with that you have tested positive for COVID-19. **Close contact** means spending 15 or more minutes within 6 feet of someone who has COVID-19. 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.

Your contacts have the opportunity to choose to take any other safety measures they want, which include:

- » Watching for symptoms for 10 days after they last saw you
- » Wearing a well-fitting mask for the 10 days after they last saw you
- » Getting tested 5 days after they last saw you
- » Avoiding unnecessary visits with individuals at high risk of severe COVID-19

They need to stay home and isolate if they develop symptoms or test positive.

If close contacts who start to feel sick should call their health care provider. If you don't have a health care provider, call 211 for more info. Call 911 if symptoms are severe.



ISOLATION 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 until you feel better. Help may be 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

- Call 211 if:
 - You want more health information
 - You have questions about isolation or quarantine
 - You have questions about telling you close contacts they may have been exposed to COVID-19
 - You need to isolate and are worried about the ability to do that
- 211 has interpreters available. If you are not in isolation, but need support, you can still seek help.
- Talk with your health care provider and ask to be connected with support for your isolation. Your provider may be able to help you.
- Ask if you are at high risk for progression to severe COVID-19, and whether you may be a candidate for treatment.
- For more information: [Visit the website Building a Safe and Strong Oregon.](#)

TELLING CLOSE CONTACTS

Tell your close contacts yourself.

- 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.
- Regardless of vaccination status, close contacts should watch for symptoms.

They can talk to their doctors about getting a test, call 2-1-1 if they don't have a doctor, or get tested at a community test site. It's best if they wait 5 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.

They should also talk with their doctor about whether they may be at risk for severe disease, and whether they may be a candidate for treatment.

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 watch for symptoms for 10 days after we last saw each other and take any other safety measures you want.

You can talk to your doctor about getting a test, call 2-1-1 if you don't have a doctor, or get tested at a community test site. It's best if you wait 5 days from when we were last together before getting tested. The test may not work if you get tested too soon.

You can also look on the COVID-19 website (<https://govstatus.egov.com/or-oha-covid-19-positive-test>) for more information.

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



TELLING YOUR EMPLOYER

We strongly recommend you tell your employer you tested positive for COVID-19 and have been around other employees or the public at work. You can help slow the spread of COVID-19 by telling your supervisor or employer as soon as possible.

If you work in food service, you are required by law to tell your supervisor you tested positive for COVID-19. ([ORS 624.080](#)).

Do not go to work

Please 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 (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 tell my coworkers I tested positive?

Employers are now required to tell employees of their exposure to COVID-19 in the workplace. But they must keep information confidential and not reveal your name or personal information as required by the Americans with Disabilities Act (ADA).

Will my employer question me about COVID-19 symptoms?

During a pandemic, employers who are required to comply with the ADA may ask employees if they are experiencing symptoms. They must maintain all information about employee illness as a confidential medical record, in compliance with the ADA.

If you are being treated unfairly

If you experience discrimination when you tell your employer you tested positive for COVID-19, contact the Oregon Bureau of Labor and Industries (BOLI) to file a report and get help. Report the discrimination as soon as possible. Call 971-673-0761 or email help@boli.state.or.us.

Contact Oregon OSHA to report hazards at your worksite. Call 503-229-5910 or go to osha.oregon.gov/workers.



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).

When You're Ready to Go Back to Work

When you feel healthy again, and meet the requirements to be around others (see page 8, *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. Also, it could take weeks after your infection with COVID-19 to test negative, even though you can no longer spread the virus.

WHEN TO GET VACCINATED

Should I still get the vaccine?

Yes, you should still get vaccinated if you had COVID-19. If you've tested positive for COVID-19 and still have symptoms, you should wait to the end of your isolation period to get the vaccine to avoid infecting others. If you are between doses, you may consider delaying your next vaccine up to three months. While there is no recommended interval between infection and vaccination, current evidence suggests that risk of reinfection is low in the first 90 days after infection. Vaccination after infection provides superior protection against severe illness and death.

Learn more about getting vaccinated here: <https://covidvaccine.oregon.gov/>

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 may be 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.

Baker County

541-523-8211

Douglas County

541-440-3571

Lake County

541-947-6045

Sherman County

541-506-2600

Benton County

541-766-6835

Gilliam County

541-506-2600

Lane County

541-682-4041

Tillamook County

503-842-3900

Clackamas County

503-655-8411

Grant County

541-575-0429

Lincoln County

541-265-4112

Umatilla County

541-278-5432

Clatsop County

503-325-8500

Harney County

541-573-2271

Linn County

541-967-3888

Union County

541-962-8800

Columbia County

503-397-7247

Hood River County

541-386-1115

Malheur County

541-889-7279

Wallowa County

971-673-1111

Coos County

541-266-6700

Jackson County

541-774-8209

Marion County

503-588-5342

Wasco County

541-506-2600

Crook County

541-447-5165

Jefferson County

541-475-4456

Morrow County

541-676-5421

Washington County

503-846-8123

Curry County

541-425-7545

Josephine County

541-474-5325

Multnomah County

503-988-8939

Wheeler County

541-763-2725

Deschutes County

541-322-7400

Klamath County

541-882-8846

Polk County

503-623-8175

Yamhill County

503-434-7525

Up to 4 free rapid antigen tests are available per household in the 2022-2023 winter season through the federal government. Order your free tests here: <https://www.covid.gov/tests>

If you have health insurance through an employer or Marketplace, your insurance will pay you back for 8 at-home tests each month for each person on your plan. Visit <https://www.covid.gov/tests> for more information.

IMPORTANT: If you've been in close contact with someone infected with COVID-19, please wait 5 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 or that you are a candidate for treatment, if you are at high risk for progression to severe COVID-19. Follow these tips:

1. **Stay home** until:
 - It has been at least 5 days since your symptoms began AND
 - You have had no fever for 24 hours without any medicine for fever AND
 - Your symptoms have improved.
2. **Monitor your symptoms carefully.** If your symptoms get worse, call your doctor immediately
3. **Get rest and drink fluids.**
4. **Before you go to the doctor,** call and tell them that you have tested positive for the virus that causes COVID-19.
5. **For emergencies,** call 911. Tell them that you have tested positive for the virus that causes COVID-19.
6. When you cough or sneeze, **cover your mouth** with a tissue and throw it away.
7. **Wash your hands** often with soap and water for at least 20 seconds.
8. As much as possible, **stay away from other people,** stay in a separate room and use a separate bathroom. Wear a mask when when you are outside your room or near others.
9. **Avoid sharing any household items,** including food.
10. Surfaces that you touch often **should be cleaned every day.**

IF YOU'RE AT HIGH RISK OF SERIOUS ILLNESS

If you have tested positive and are at high risk for serious illness, contact your healthcare provider to learn more about treatments.

Oral antiviral pills can help prevent severe illness and save lives. These treatments need to be started shortly after you develop symptoms. Contact your health care provider as soon as possible to see if you are eligible. Only a healthcare provider can determine your eligibility. If you are eligible and you have a prescription for an oral antiviral, you can find a pharmacy that has oral antiviral supply near you by using the federal Test to Treat webpage at: <https://covid-19-test-to-treat-locator-dhhs.hub.arcgis.com/>. Enter your zip code and select a pharmacy of your choice from the “Locations to fill a prescription” box to have your prescription sent to.

If you do not have a healthcare provider, you can call 2-1-1 or use the federal [Test to Treat webpage](#) to find a Test to Treat site near you.

Participating sites will test (or accept a positive at-home test), offer a healthcare provider evaluation, prescribe antivirals if eligible, and give you the medication all in one visit or have the medicine sent to a nearby location.

Monoclonal antibodies (mAb) can also prevent severe illness and save lives. Only a healthcare provider can determine your eligibility to receive mAb therapy.

For more information, and to find the federal Test to Treat webpage, please visit:

[OHA COVID-19 Treatments webpage](#)

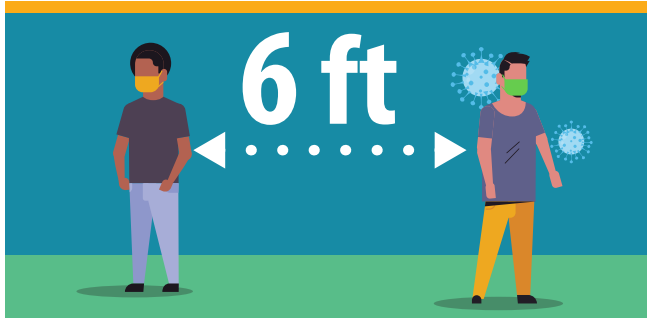
[Federal COVID-19 Therapeutics Locator](#)

(Only healthcare providers can call ahead and verify supply and services if using this site)

Stop the Spread of Germs

Accessible version <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.html>

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



Stay at least 6 feet
(about 2 arm lengths)
from other people.



Cover your cough or sneeze with a
tissue, then throw the tissue in the
trash and wash your hands.



When in public,
wear a mask over your
nose and mouth.



Do not touch your
eyes, nose, and mouth.



Clean and disinfect
frequently touched
objects and surfaces.



Stay home when you are sick,
except to get medical care.



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



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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HOW TO USE A CLOTH FACE COVERING



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

1219-2022 ENGLISH

Questions?

Visit your local health department's website or ask your healthcare provider 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.

Document accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the COVID-19 Communications Unit at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsaha.state.or.us.

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