COVID-19
AFTER YOU GET TESTED

CLACKAMAS COUNTY

COLUMBIA COUNTY OREGON 1854

Multnomah County Health Department

WASHINGTON COUNTY OREGON

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INTRODUCTION

You did the right thing getting tested for COVID-19. Vaccination, testing, and wearing a mask are the best ways to slow the spread of this virus.

You may have your test results already or it may take a few days to get the results. If you test positive, you may be contacted by public health. As of August 2021, there are so many new people with COVID-19 that public health may not be able to call everyone. Use this guide, along with any instructions from your employer or school, to help keep yourself, your family, your co-workers, and your friends safe.

If you are still waiting for the results of your COVID-19 test, you should stay home and away from others in case you have the virus. This will help keep you from giving it to anyone else.

If you test positive

- Whether or not you have symptoms, stay home and separate from others. This is called **isolation**. Even if you are vaccinated, you need to stay home after a positive test. There is help if it will be hard for you to stay home (see page 11).

- There may be treatment available. Call your healthcare provider right away. If you don't have a healthcare provider, call 211 for help finding one.

If you test negative

- Follow any instructions from your healthcare provider. If you were around someone with COVID, you may still need to stay home away from others - even if you tested negative. This is called **quarantine.** If this will be hard for you, there is help (see page 11).

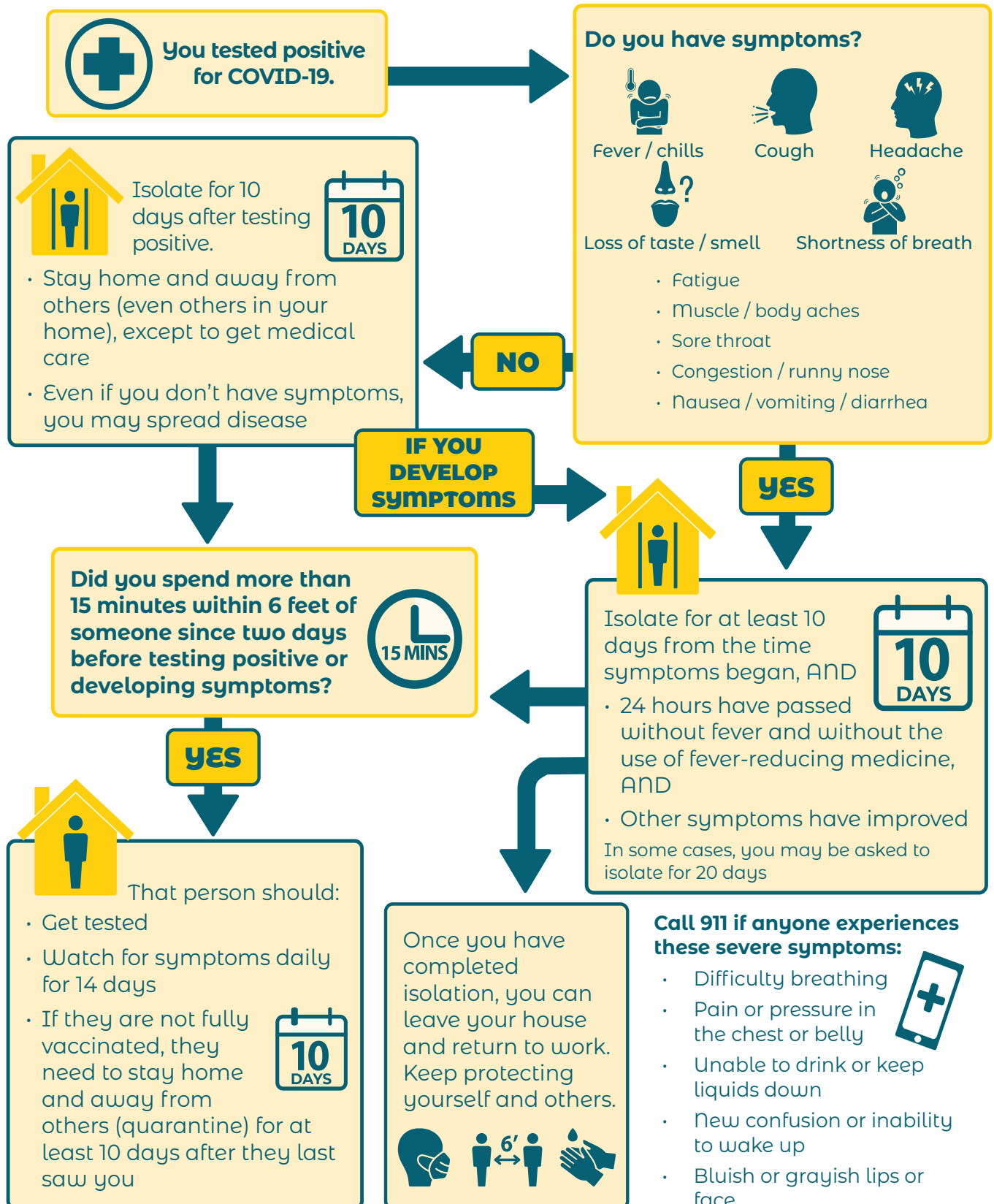- Continue everyday measures to protect yourself and others.

Some of this information can be very confusing. If you have questions or need more information, call your local public health agency:

- » **Multnomah County:** 503-988-3406

- » **Clackamas County:** 503-655-8224

- » **Columbia County:** 503-397-7247

- » **Washington County:** 503-846-8123

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.

You tested positive for COVID-19.

Do you have symptoms?

Fever / chills　　Cough　　Headache

Loss of taste / smell　　Shortness of breath

- Fatigue
- Muscle / body aches
- Sore throat
- Congestion / runny nose
- Nausea / vomiting / diarrhea

NO

YES

10 DAYS

Isolate for 10 days after testing positive.

- Stay home and away from others (even others in your home), except to get medical care
- Even if you don't have symptoms, you may spread disease

IF YOU DEVELOP SYMPTOMS

15 MINS

Did you spend more than 15 minutes within 6 feet of someone since two days before testing positive or developing symptoms?

10 DAYS

Isolate for at least 10 days from the time symptoms began, AND

- 24 hours have passed without fever and without the use of fever-reducing medicine, AND
- Other symptoms have improved

In some cases, you may be asked to isolate for 20 days

YES

10 DAYS

That person should:

- Get tested
- Watch for symptoms daily for 14 days
- If they are not fully vaccinated, they need to stay home and away from others (quarantine) for at least 10 days after they last saw you

Once you have completed isolation, you can leave your house and return to work. Keep protecting yourself and others.

Call 911 if anyone experiences these severe symptoms:

- 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 or grayish lips or face

CLOSE CONTACT AND QUARANTINE

Close contact means spending 15 minutes or more in any given day within 6 feet of someone who has COVID-19.

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

If you had close contact, you should:

- Monitor yourself for symptoms for 14 days. If you get any symptoms, stay home and get tested.
- Get tested even if you don't develop symptoms. The best time to be tested is 3-5 days after your last exposure.
- Quarantine if you are unvaccinated.

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.

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 at home and away from others during this important time will help keep you from spreading the virus.

DO YOU NEED TO QUARANTINE?

Your need to quarantine depends on whether you are vaccinated or not.

If you are fully vaccinated

Fully vaccinated means that you had all the recommended doses of vaccine (one dose for Johnson & Johnson or 2 doses for Pfizer or Moderna) more than 2 weeks ago. If you are fully vaccinated, you don't need to quarantine, but you do need to watch for **any** symptoms of COVID-19 for the next two weeks.

If you are a patient in the hospital or live in another kind of licensed group setting, you must quarantine if you're exposed, even if you are vaccinated.

If you are not vaccinated or not fully vaccinated

If you are not vaccinated or not fully vaccinated, 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 tested positive. Staying in quarantine will help keep you from spreading the virus if you get it. **Even if you test negative for COVID-19 or feel healthy**, you should stay home (quarantine) because symptoms can show up as much as 2 weeks after exposure to the virus.

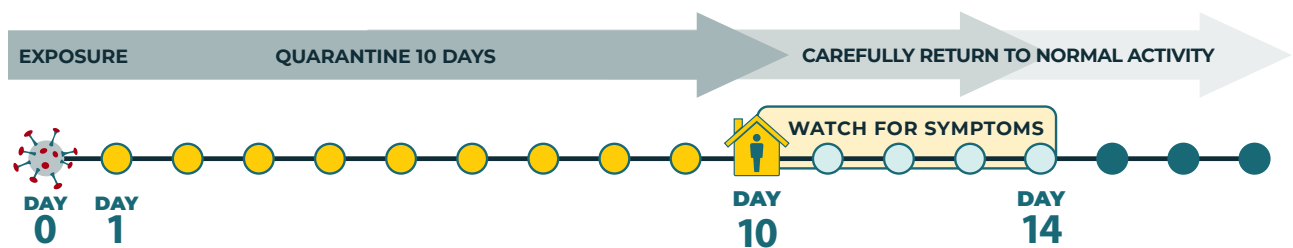# WHEN TO START AND END QUARANTINE

If you are not fully vaccinated.

14 DAY QUARANTINE ➡ *the safest option*

EXPOSURE **QUARANTINE 14 DAYS** **RETURN TO NORMAL ACTIVITY**

DAY 0   **DAY 1**   **DAY 14**
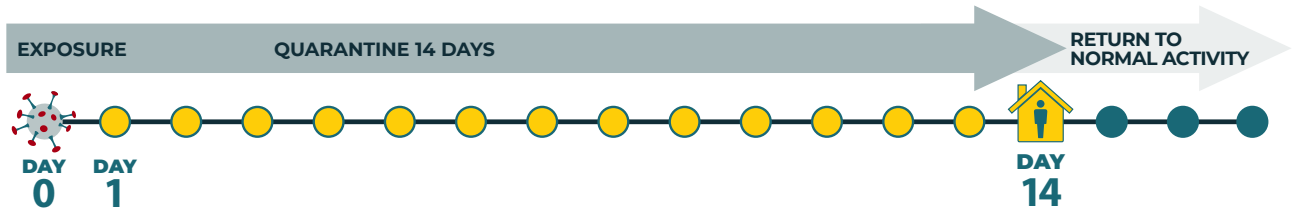
Staying home and away from other people for 14 days is the safest way to prevent the spread of COVID-19 to others.

- If you live in a long-term care facility or other licensed group setting, you should quarantine for the full 14 days.

10 DAY QUARANTINE

EXPOSURE **QUARANTINE 10 DAYS** **CAREFULLY RETURN TO NORMAL ACTIVITY**

WATCH FOR SYMPTOMS

DAY 0   **DAY 1**   **DAY 10**   **DAY 14**

We recommend a 10 day quarantine for most people. After 10 days, your risk of spreading the virus to others goes down. If you have no symptoms, quarantine for **at least** 10 days.

- If you end quarantine after 10 days, continue to watch for symptoms daily for the full 14 days (two weeks).

- There is still a small chance you can spread COVID-19 to others up to two weeks after being exposed, so continue to wear a mask, wash your hands often, and limit your contact with people outside your house.

7-day quarantine (Not recommended by local public health)

The CDC offers the option to quarantine for 7 days if you have no symptoms and get a test on day 5, 6, or 7 with a negative result. Local public health experts do not recommend this option.

If you develop symptoms

If you develop symptoms any time up to 14 days after you are exposed, isolate yourself from others and follow isolation guidelines. (See page 5.) Get tested. Call your doctor or clinic right away. Call 211 to find a doctor or testing location near you. If you do have COVID-19, there may be treatment available to you.
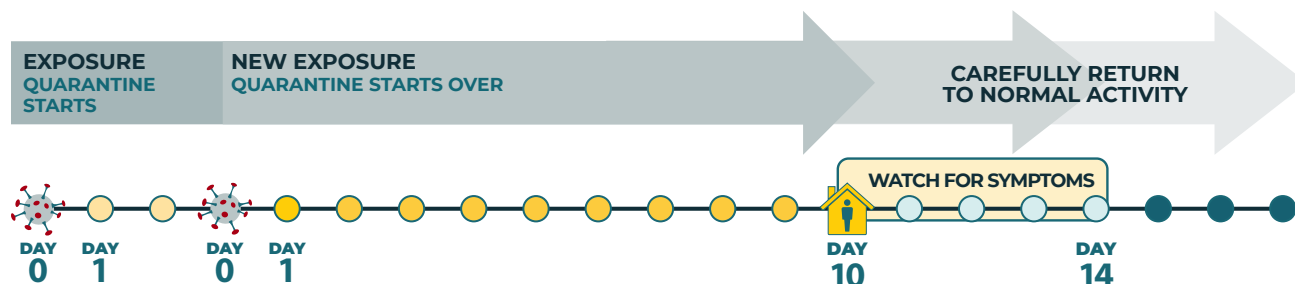
WHEN TO START AND END QUARANTINE

If you are **not** fully vaccinated

Every time you have close contact with someone who has COVID-19, your quarantine gets longer.

EXAMPLE 1: *While in quarantine, you have a **new** close contact with the same person or another person with COVID-19.*
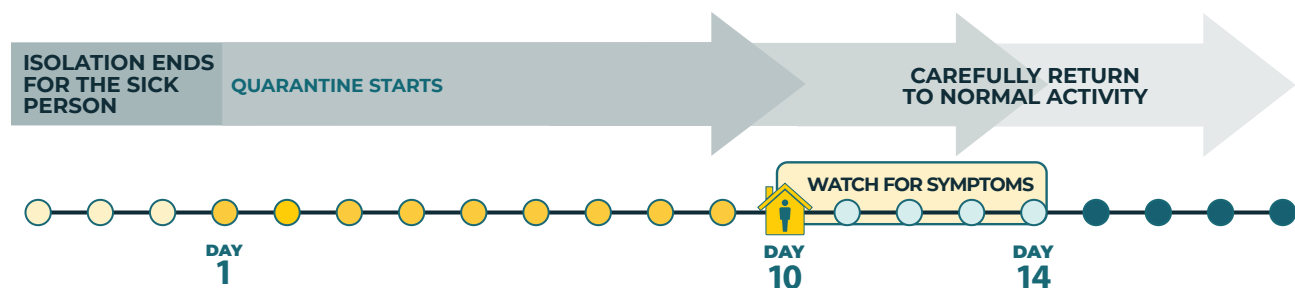
| EXPOSURE QUARANTINE STARTS | NEW EXPOSURE QUARANTINE STARTS OVER | | CAREFULLY RETURN TO NORMAL ACTIVITY |

WATCH FOR SYMPTOMS

DAY 0   DAY 1   DAY 0   DAY 1   DAY 10   DAY 14

Explanation: You've started your quarantine because you had close contact with someone with COVID-19 symptoms or a positive test. What if you have more close contact because you need to help out the sick person or someone else in your home gets sick?

You have to restart your quarantine (10 or 14 days) from the last day you had close contact with anyone who has COVID-19 (has symptoms or tested positive).

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

EXAMPLE 2: *You live with someone who has COVID-19 and can't avoid ongoing close contact*

| ISOLATION ENDS FOR THE SICK PERSON | QUARANTINE STARTS | | CAREFULLY RETURN TO NORMAL ACTIVITY |

WATCH FOR SYMPTOMS

DAY 1   DAY 10   DAY 14

Explanation: 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 not have contact with others outside your home while the person is sick, and should quarantine for 10-14 days after they recover.

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

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 *in* 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 10 *When can I be around others?*)	Going outside is okay as long as you are completely alone and stay away from others until at least 10 days have passed and no symptoms have appeared (14 days is safest). 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?	No, not until you have recovered. (See below – *When can I be around others?*) There is help available to get the things you need and stay in isolation. (See page 11.)	No, not until at least 10 days have passed and no symptoms have appeared (14 days is safest). There is help available to get the things you need and stay in quarantine. (See page 11.)
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. Use a separate bathroom if possible.	Yes, if you can, until at least 10 days have passed and no symptoms have appeared (14 days is safest). Continue to watch for symptoms.
What if I start to feel sick? Call 911 if you have these severe symptoms: • 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 or grayish lips or face	Call your health care provider. If you don't have a health care provider, call 211 for more info.	Call your health care provider. If you don't have a health care provider, call 211 for more info.
When can I be around others?	If you have been sick, you can be around others when: • 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 If you tested positive, but never had symptoms, you can be around others when 10 days have passed since your test.	You can be around others after at least 10 days from your last close contact (15 minutes or more, within 6 feet of someone who has COVID-19) and no symptoms have appeared. Fourteen days is safest. See page 6 – *When to Start and End Quarantine* If you have developed symptoms, follow the instructions for isolation.

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

As of August 2021, there are so many new people with COVID-19, that public health may not be able to call everyone. If you get called by public health, the health worker can connect you with services. If you don't hear from public health a few days after you get your test result:

- Call 211 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.

- Talk with your healthcare provider and ask to be connected with support for your isolation and quarantine. Your provider may be able to help you.

- 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 tested positive for COVID-19 (even if you are fully vaccinated), you can help slow the spread by telling those you've been in close contact with right away. ***Close contact*** means spending 15 minutes or more in any given day within 6 feet of someone.

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 usually start to be contagious a few days after they get infected. If you can reach your friends and family within a few 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.

Share this *After Testing Guide* with your close contacts. It may be uncomfortable to ask whether they are vaccinated. If they are unvaccinated or it has been less than two weeks since they finished their vaccine series, they will need to quarantine.

If they are not fully vaccinated, tell them to stay home, away from others, and to get tested.

Anyone you were around while you had COVID-19, whether they were vaccinated or not, should get tested 3-5 days later. They can talk to their doctors about getting a test, call 211 if they don't have a doctor, or get tested at a community test site.

No matter the test result, any close contacts who are not fully vaccinated should quarantine at home for at least 10 days (14 is safest) since you were last together. (See page 6, Close Contact and Quarantine.)

Answer the health worker's call, if they call you.

- A public health worker doing contact tracing may 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.
- If public health calls you, 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 asked me to reach out to you. What happens next depends on if you are fully vaccinated. Fully vaccinated means it has been more than 2 weeks since you got your final shot.

*If you **are NOT fully vaccinated,** public health recommends that you quarantine at home for 10 to 14 days since we last saw each other. You should also get tested. You can talk to your doctor about getting a test, call 211 if you don't have a doctor, or get tested at a community test site. It's best if you wait 3-5 days from when we were last together before being tested.*

Even if you test negative, you should stay home and away from others for at least 10 days if no symptoms have appeared (14 days is safest). If you need help with rent, food delivery, and other resources so you can afford to stay home while quarantining, call 211. You can also look on the county COVID website (multco.us/covid19) for more information.

*If you **are fully vaccinated**, it is less likely that you will be infected and much less likely that you will get seriously ill. You don't need to quarantine, but you should get tested 3-5 days after we were together and you should watch yourself closely for any symptoms and get tested ASAP if you have any.*

This is a little confusing, but there is a great resource online: COVID-19 After You Get Tested (multco.us/after-testing-guide). 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 if you test 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. People who were around you at work will then know to stay home and away from others and get tested too.

If you work in food service, you are required by law to tell your supervisor you tested positive for COVID-19.

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 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 American With Disabilities Act (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.

TELLING YOUR EMPLOYER

Sick leave options

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).

There may be other federal or state COVID resources that can help you or your employer with sick leave related to COVID-19. Call 211 for the most up-to-date information about help with sick leave.

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. Also, it could take weeks after your infection with COVID-19 to test negative, even though you can no longer spread the virus.

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, clackamas.us/coronavirus
  » **Columbia County**
    503-397-7247, columbiacountyor.gov/departments/PublicHealth
  » **Washington County**
    503-846-8123, co.washington.or.us/covid-19
  » **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, the best time to get tested is 3-5 days afterward. 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

Multnomah County Health Department

ENGLISH

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 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 a lot of fluids.

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

5. For emergencies, call 911. Tell them that you have or may have 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 you are near others.

9. Avoid sharing any household items, including food.

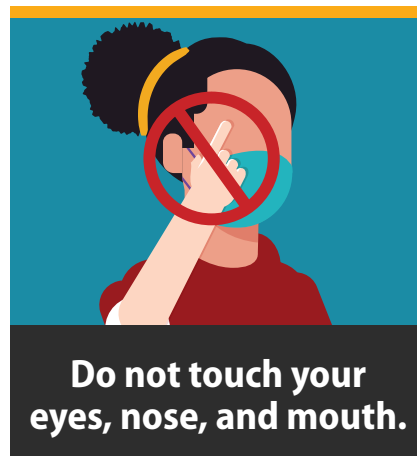**10.** Surfaces that you touch often **should be cleaned every day**.

Call 211 or go to nc211.org to find other resources.

Stop the Spread of Germs

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

6 ft

Stay at least 6 feet (about 2 arms' length) 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

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.
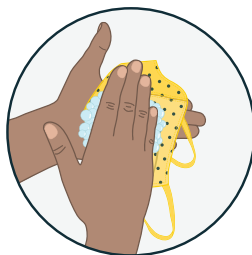
6. Fit should be snug but comfortable.

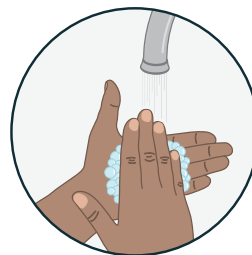7. Make sure you can breathe through face covering.
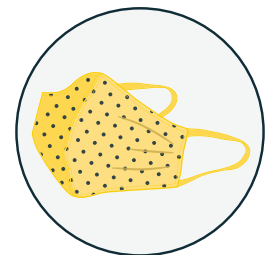
8. Avoid touching face or face covering.

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.

LET'S SLOW THE
SPREAD
TOGETHER

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.

SCAN ME