# COVID-19: AFTER YOU GET TESTED

## ISOLATION

Isolation keeps someone who is infected with COVID-19 away from others even in their own home.

**You tested positive for COVID-19.**

**Everyone, regardless of vaccination status**

- **Stay home for 5 days.**
- **If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.**
- **Continue to wear a mask around others for 5 additional days.**

## QUARANTINE

Effective March 12, quarantine will no longer be recommended for people within the general population who have been exposed to someone who has COVID-19, regardless of vaccination status.

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

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
Unemployment and sick leave resources
Mental health support

Get services by answering the call from the health department. The public health worker who calls will ask what help you might need and can connect you to services. As of August 2021, there are so many new people with COVID-19, that public health may not call you. You can call 211 yourself and ask what services are available to you while you are in isolation or quarantine.

WWW.EN[illegible]NADA.CA

# WHAT I CAN AND CAN'T DO

*While I'm in isolation*

## Should I stay home?

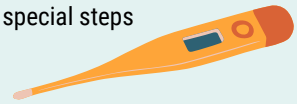
Yes. Stay home while you are in isolation.

## Can I go to work or school?

No. You can work at home if your job allows it and if you feel well enough.

## Can I go to the doctor or get health care?

Yes, but contact your health care provider before going to their office. They may have special steps if you go to the office.



## Can people visit me?

No. No one outside your household should visit you.

If you are in isolation, you should limit visiting with those in your household to one person if you need help or care. You should wear masks, stay 6 feet away and wash hands often.

## Do I have to stay in a separate room in my home?

Yes, if you can, stay in a separate room or area until you have recovered.

## Can I go outside for walks, bike rides or hikes?

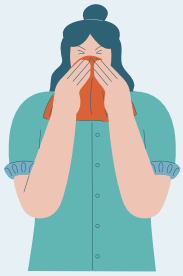
If you are in isolation, you should not go outside until you have recovered.

## What if I start to feel sick?

Contact your health care provider.

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 lips or face



## When can I be around others?

In isolation, you can be around others when:

- At least 5 days have passed since your first symptoms AND
- You have no fever for 24 hours without medication AND
- Your symptoms improve

If you tested positive but never had symptoms, you can be around others when 5 days have passed since your test. Continue to wear a mask around others for 5 additional days

## Can I go out for groceries and other essential items like medications?

No, not until you have recovered. Continue to wear a mask around others for an additional 5 days. There is help available to get the things you need. See our isolation/quarantine guidelines.

Adapted from information in the COVID-19 After Testing Guide created by Clackamas, Multnomah, Columbia and Washington Counties.

# TELLING CLOSE CONTACTS

## 01 Tell your close contacts right away.

- Tell your close contacts yourself as soon as possible. It might take a few days after you get your test results before a health worker can reach you.
- **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.

## 02 Answer the health worker's call.

- Let them know your close contacts and places you visited. All information you share will be kept private.
- Health workers will not ask for Social Security numbers, bank information or credit cards.

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. Whether you are vaccinated or not, you don't need to quarantine, but you should get tested 5-7 days after we were together and you should watch yourself closely for any symptoms. Talk to your doctor about getting a test, even if you don't have symptoms."*

Adapted from information in the COVID-19 After Testing Guide created by Clackamas, Multnomah, Columbia and Washington Counties.

# 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.

If your employer requires a doctor's note to stay home, you can contact your doctor, clinic or 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 confidential.

## 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. 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 requirements to be around others, you can go back to work.

Adapted from information in the COVID-19 After Testing Guide created by Clackamas, Multnomah, Columbia and Washington Counties.

# 10 ways to manage respiratory symptoms at home

sunset pediatrics

**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 5 days since your symptoms began **AND**
- You have had no fever 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.

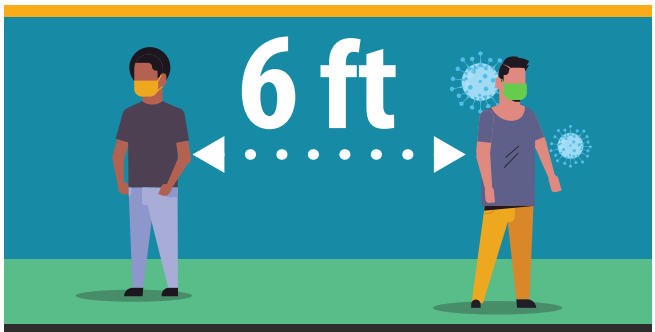
**9. Avoid sharing any household items**, including food.

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

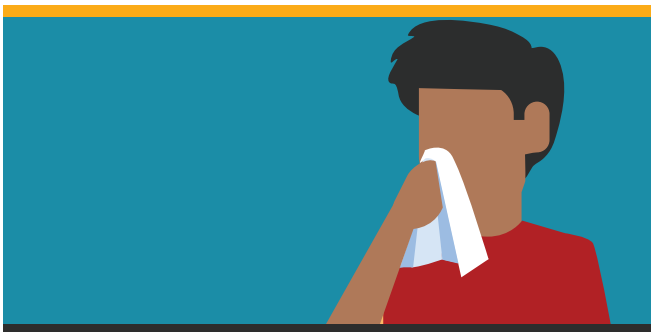
Adapted from information in the COVID-19 After Testing Guide created by Clackamas, Multnomah, Columbia and Washington Counties.

# Stop the Spread of Germs

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

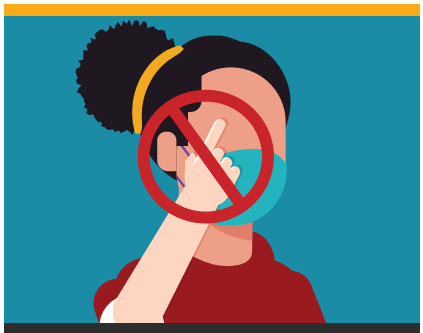



Stay at least 6 feet (about 2 arms' length) from other people.



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

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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.

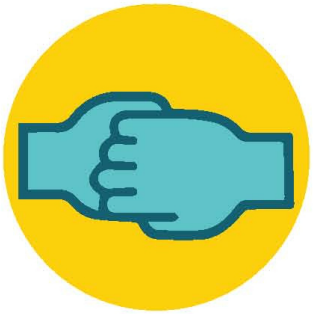
Adapted from information in the COVID-19 After Testing Guide created by Clackamas, Mulnomah, Columbia and Washinton Counties.

# HOW TO USE HAND SANITIZER

apply to palm of hand

rub palm to palm

between fingers



fingernails

wrists

thumbs

rub until dry (20 seconds)

disinfected hands

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