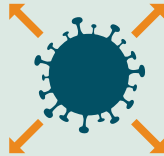


What does quarantine mean?

Quarantine means keeping someone who might have been exposed to COVID-19 away from others.

What if I feel fine?

You can spread COVID-19 to others even if you don't have any symptoms.



When should I quarantine?

Even if you don't feel sick you should quarantine if you:

- Were near someone with COVID-19.
- Traveled to Oregon from out-of-state for non-essential reasons.
- Returned to Oregon from non-essential travel out-of-state.



What is essential travel?

- Essential travel includes: work and study, critical infrastructure support, economic services and supply chains, health, immediate medical care, and safety and security.
- Non-essential travel includes travel that is considered tourism or recreational in nature.

How do I quarantine?

If you have been near someone with COVID-19:

- Stay home and at least six feet away from everyone, including the people you live with, for 14 days.

If you are quarantining because of non-essential travel:

- Stay home for 14 days. You do not need to stay six feet away from the people you live with.

You can ...

- ✓ Exercise alone
- ✓ Play games or puzzles
- ✓ Garden or sit outside your home
- ✓ Connect with people remotely



Please don't ...

- ✗ Go to the grocery store
- ✗ Go to the pharmacy
- ✗ Have friends over
- ✗ Exercise in a group



Take care

Call your health care provider if you develop COVID-19 symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of sense of taste or smell



Connect with resources

Some people may find it easy to quarantine. However, it may be harder for others. It can be especially hard for those who can't work from home, live alone, have disabilities or take care of other people in their home.

Here are some resources if you need help:

- Visit [211info.org](https://www.211info.org) or call 211.
- Oregon Health Plan members can contact ohp.oregon.gov.
- Your [local or tribal public health authority](#) will help you find resources.
- Central Oregon resources can be found at www.centraloregonresources.org.

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 Health Information Center at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsosha.state.or.us.