

# COVID-19

## WHAT TO DO IF YOU TEST POSITIVE



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COVID-19  
test kit

# 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.

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.

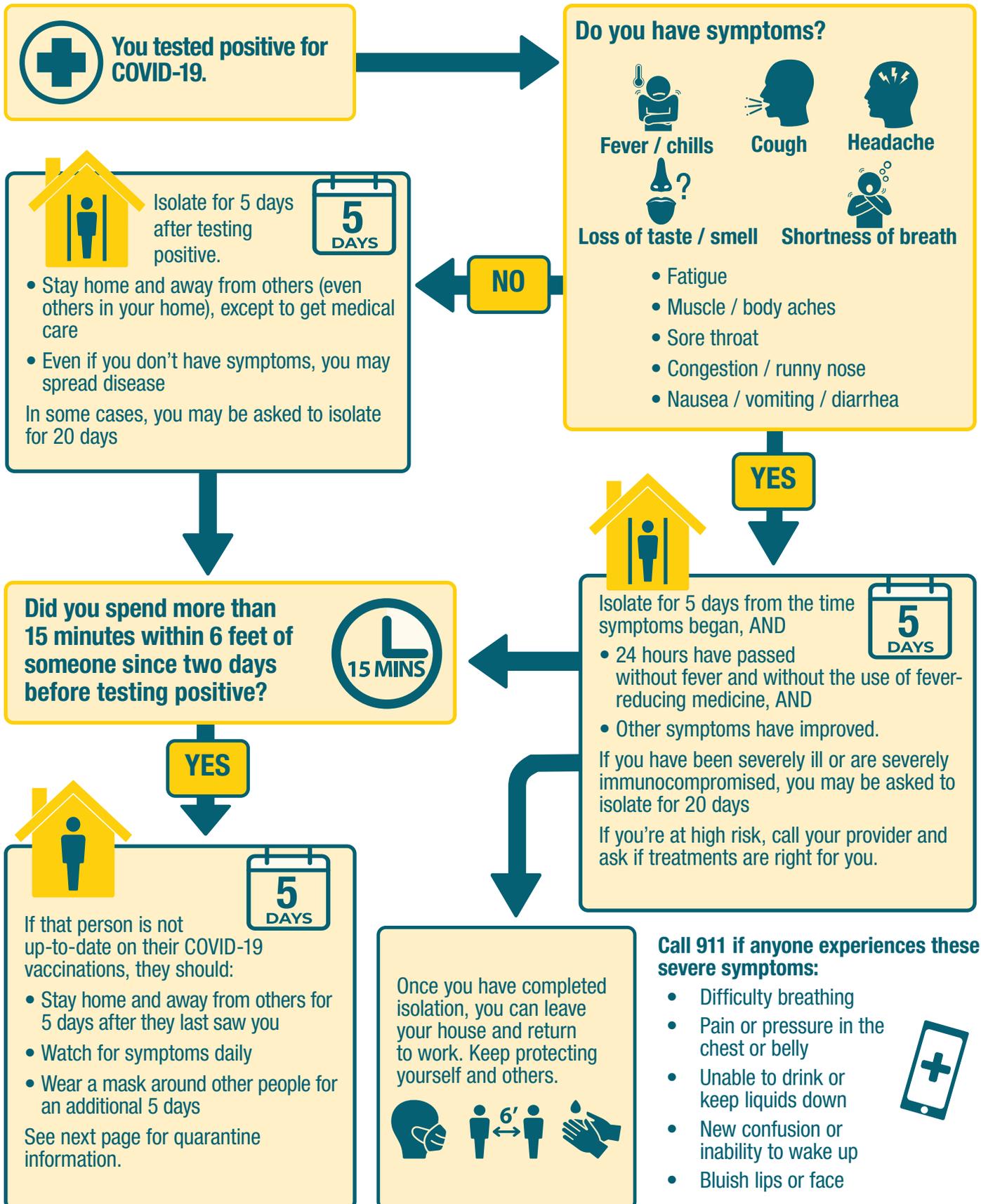
The following document is to help those that have tested positive for COVID-19 to understand what they should do and where they can receive help and assistance. We would like to recognize and thank Multnomah County for their work and allowing OHA to adapt this for use by other local health authorities.



**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.



# QUARANTINE

**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.

Please notify anyone who you may have come in close contact with that you have tested positive for COVID-19. It is very important that they quarantine (stay apart from others) if they are not up-to-date with their COVID-19 vaccinations. People who have been in close contact with someone who tested positive for COVID-19 are not required to quarantine if they are up-to-date with their COVID-19 vaccinations (boosted if eligible, more than 2 weeks and less than 6 months after receiving the second dose in a 2-dose series, or more than 2 weeks and less than 6 months after receiving one dose of a single-dose vaccine) and have no COVID-19 since exposure.

**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. Staying in quarantine at home and away from others during this important time will help slow the spread of the virus.



# HOW LONG TO QUARANTINE

Staying home and away from other people for 5 days is the safest way to prevent the spread of COVID-19 to others.

- You are **required** to quarantine for 5 days if you live in a long-term care facility or other licensed group setting.
- **Quarantine for a full 5 days** if someone in your house has COVID-19 or if you live or work with people who are at risk for serious illness from COVID-19
- You don't need to quarantine if you are up to date with your COVID-19 vaccinations and don't have any symptoms.



**QUARANTINE** → the safest option

If you have no symptoms, quarantine for at least 5 days. If you develop symptoms, isolate yourself from others and call your doctor or clinic right away.



**QUARANTINE**



After you have completed quarantine, you can leave your house and return to work. **Keep protecting yourself and others.**

# WHAT I CAN AND CAN'T DO

## While I'm in isolation or quarantine

|  | Isolation   | Quarantine   |
|--|---|--|
| <b>Who?</b>  | People sick with COVID-19 or who tested positive for COVID-19 (with or without symptoms).   | People who are not vaccinated, have 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. |
| <b>Should I stay home?</b>   | Yes   | Yes  |
| <b>Can I go to work or school?</b>   | 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.  |
| <b>Can I go to the doctor or get health care?</b><br><br>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.  |
| <b>Can people visit me?</b>  | No. No one outside your household should visit you.<br><br>Limit visiting with those <i>in</i> your household to one person if you need help or care.<br><br>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.  |
| <b>Can I go outside for walks, bike rides, hikes?</b>  | 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 5 days have passed and no symptoms have appeared. Wear a mask any time you are outside your house.                               |

# WHAT I CAN AND CAN'T DO

## While I'm in isolation or quarantine

|   | Isolation  | Quarantine   |
|---|--|--|
| <p><b>Can I go out for groceries and other essential items like medications?</b></p>  | <p>No, not until you have recovered. (See below.)</p> <p>There is help available to get the things you need and stay in isolation. (See next section.)</p>   | <p>No, not until 5 days have passed and no symptoms have appeared.</p> <p>There is help available to get the things you need and stay in quarantine. (See next section.)</p>   |
| <p><b>Do I have to stay in a separate room in my home?</b></p>  | <p>Yes, stay in a separate room or area, if you can, until you have recovered.</p>   | <p>Yes, if you can, until 5 days have passed and no symptoms have appeared. Continue to watch for symptoms.</p>  |
| <p><b>What if I start to feel sick?</b></p> <p>Call 911 if you have these severe symptoms:</p> <ul style="list-style-type: none"> <li>• Difficulty breathing</li> <li>• Pain or pressure in the chest or belly</li> <li>• Unable to drink or keep liquids down</li> <li>• New confusion or inability to wake up</li> <li>• Bluish lips or face</li> </ul> | <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>   |
| <p><b>When can I be around others?</b></p>  | <p>If you have been sick, you can be around others when:</p> <ul style="list-style-type: none"> <li>• At least 5 days have passed since your first symptoms AND</li> <li>• You have no fever for 24 hours without the use of medicine AND</li> <li>• Your symptoms improve</li> </ul> <p>If you tested positive, but never had symptoms, you can be around others when 5 days have passed since your test.</p> | <p>You can be around others after 5 days from your last close contact (15 minutes or more, within 6 feet of someone who has COVID-19).</p> <p>See page 6 <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

As of November 2020, 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:

- 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 health care provider and ask to be connected with support for your isolation and quarantine. 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 monoclonal antibody treatment.
- Find more information: [Visit Building a Safe and Strong Oregon.](#)

# TELLING CLOSE CONTACTS

You can help slow the spread by telling those you've been in close contact with right away.

## 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 are most contagious the day or two before they have symptoms and some people never show symptoms. People usually start to be contagious only 4 days after they get infected. If you can reach your friends and family within four 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.

## Tell them to stay home, away from others, and to get tested.

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.

**No matter the test result, your unvaccinated close contacts should quarantine at home for 5 days since you were last together.** (See page 6, *Quarantine*.)

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

- A public health worker 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, Immigration and Customs Enforcement, 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 5 days since we last saw each other. You should also get tested.*

*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.*

*Even if you test negative, you should stay home and away from others for the full 5 days. If you need help with rent, food delivery, and other resources so you can afford to stay home while quarantining, call 2-1-1. You can also look on the county COVID website ([multco.us/covid19](https://multco.us/covid19)) 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. People who were around you at work and not fully vaccinated, 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

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/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 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](mailto: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](https://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).
- American Rescue Plan Act – Requires covered employers to provide medical leave for specific reasons related to COVID-19, and emergency paid sick leave or expanded family 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 VACCINATED

### Should I still get the vaccine?

Yes, you should still get vaccinated, even 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 should still get your second dose. While there is no recommended interval between infection and vaccination, current evidence suggests that risk of reinfection is low in the months after initial infection, but may increase with time due to waning immunity.

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

## **Benton County**

541-766-6835

## **Clackamas County**

503-655-8411

## **Clatsop County**

503-325-8500

## **Columbia County**

503-397-7247

## **Coos County**

541-266-6700

## **Crook County**

541-447-5165

## **Curry County**

541-425-7545

## **Deschutes County**

541-322-7400

## **Douglas County**

541-440-3571

## **Gilliam County**

541-506-2600

## **Grant County**

541-575-0429

## **Harney County**

541-573-2271

## **Hood River County**

541-386-1115

## **Jackson County**

541-774-8209

## **Jefferson County**

541-475-4456

## **Josephine County**

541-474-5325

## **Klamath County**

541-882-8846

## **Lake County**

541-947-6045

## **Lane County**

541-682-4041

## **Lincoln County**

541-265-4112

## **Linn County**

541-967-3888

## **Malheur County**

541-889-7279

## **Marion County**

503-588-5342

## **Morrow County**

541-676-5421

## **Multnomah County**

503-988-3674

## **Polk County**

503-623-8175

## **Sherman County**

541-506-2600

## **Tillamook County**

503-842-3900

## **Umatilla County**

541-278-5432

## **Union County**

541-962-8800

## **Wallowa County**

971-673-1111

## **Wasco County**

541-506-2600

## **Washington County**

503-846-3594

## **Wheeler County**

541-763-2725

## **Yamhill County**

503-434-7525

**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 3 days 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 or have been exposed to someone with COVID, and are at high risk of serious illness, contact your healthcare provider to learn more about and find out if you are eligible for treatment.

Monoclonal antibody (mAb) therapies can help prevent severe illness and save lives. This therapy is available as an IV infusion or injection, and can reduce the risk of hospitalization by 70%. This therapy only works within the first 10 days after symptoms begin, so contact your health care provider right away if you are at high risk for severe disease or if you start to experience symptoms.

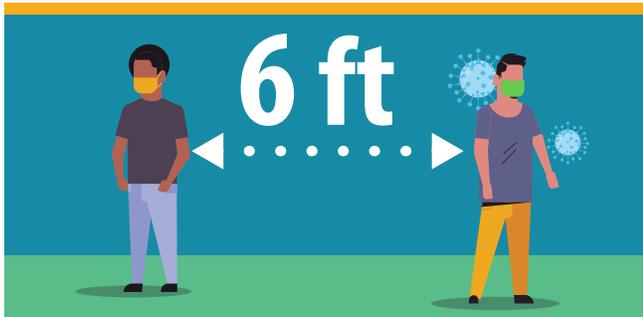
For more information:

- <https://sharedsystems.dhsosha.state.or.us/DHSForms/Served/le3873A.pdf>
- <https://combatcovid.hhs.gov/i-have-covid-19/how-do-i-know-if-im-high-risk>

# 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)

# 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

0110-2022 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@dhsoha.state.or.us](mailto:COVID19.LanguageAccess@dhsoha.state.or.us).

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