

COVID-19 Resource Guide

As Omicron COVID-19 cases increase, one of the ways we slow the spread is to stay home and away from other people **for five days** when we test positive, have symptoms, or have been exposed to COVID-19, and wear [a well-fitting mask](#) for **an additional five days**. If you are up to date on your vaccines you do not need to stay at home or miss work if you have been exposed, but you must wear a proper mask around others for 10 days.

Did you test positive for COVID-19? **OR** Do you have symptoms and were exposed to someone with COVID-19?

- Stay at home and away from others for five days **regardless of vaccination status**.
- If you have no symptoms, or your symptoms are resolved after five days, you can leave your home.
- Continue to wear a well-fitting mask around others for an additional five days.
- If you have a fever, continue to stay home until it goes away.

Were you exposed to someone with COVID-19 and are up to date on vaccinations and DO NOT have symptoms?

- Wear a well-fitting mask for 10 days.
- Test on day five, if possible.
- If you develop COVID-19 symptoms, get a test and stay home.

Were you exposed to someone with COVID-19 and ARE NOT up to date on vaccinations and DO NOT have symptoms?

- Stay home for five days.
- Continue to wear a well-fitting mask for an additional five days.
- If you are not able to stay at home, you must wear a well-fitting mask around other people for 10 days.
- Test on the fifth day after exposure.
- If you develop COVID-19 symptoms, get a test and stay home.
- Individuals who are **unable to quarantine** should wear a well-fitting mask for 10 days when around others at home or in public
- Close contacts should avoid places where they are **unable to wear** a mask (i.e., restaurants, gyms) or situations where they are not masked around others (i.e., eating around others) for 10 days after their last exposure
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- Close contacts who test positive or develop COVID-19 symptoms, should follow guidance for isolation in §5.2

Quarantine for Children < 2 years of age and others who cannot wear a mask

- If you are unable to wear a mask when around others, you should continue to quarantine for 10 days. Avoid people who are **immunocompromised or at high risk for severe disease**, and nursing homes and other high-risk settings, until after at least 10 days.

Instructions for Healthcare Workers

Due to concerns about increased transmissibility of the SARS-CoV-2 Omicron variant, this guidance is being updated to enhance protection for healthcare personnel (HCP), patients, and visitors, and to address concerns about potential impacts on the healthcare system given a surge of SARS-CoV-2

infections. Refer to most current guidelines at:

<https://www.oregon.gov/oha/covid19/Documents/Interim-healthcare-isolation-quarantine-guidance.pdf> .

Wraparound Services

If you test positive for COVID-19 or were in close contact with someone that did and need assistance to help you during this time you can contact CHD at 541-963-8800 ext. 8 to be connected with available resources. Examples of services that might be available include help with purchase and delivery of food and medications, financial assistance, rent and utility assistance, etc.

Definitions

Up to date on vaccinations: You have received a booster **or** received your second dose of Pfizer or Moderna within the past six months **or** received the initial dose of Johnson & Johnson within the past two months.

Not up to date on vaccinations: It's been more than six months since you completed your initial Pfizer or Moderna vaccine series **or** more than two months since you received the initial dose of Johnson & Johnson **or** you are not vaccinated.

Exposure: Being in close contact (within six feet for at least 15 minutes in a 24-hour period) with a person who has recently tested positive for COVID-19.

Symptoms: COVID-19 symptoms can include shortness of breath, cough, fever, loss of taste or smell, fatigue, muscle or body aches, headache, sore throat, runny nose, nausea or vomiting, or diarrhea.