COVID - 19

After Testing Guide

CHD

Center for Human Development, Inc

"Working for Healthy Communities"

www.chdinc.org

2301 Cove Avenue La Grande, OR 97850

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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.

It may take a few days to get the results of your test. If you test positive, you may be contacted by public health. As of November 2020, there are so many new people with COVID-19 that public health may not be able to call everyone. This guide will help you take action to keep yourself, your family, your co-workers and your friends safe.

While you are waiting for the results of your COVID-19 test, you should stay home and away from others. Doing so will help keep you from giving the virus to others if you have it. Once you get the results of your test, you may needd to isolate or quarantine. If you have any problem isolating or quarantining, there is help. (See page 11.)

If you test negative - Follow any instructions from your healthcare provider. Even if you have tested negative, if you have been around someone with COVID, you may still need to stay home away from others (quarantine). Continue everyday measures to protect yourself and others.

If you test positive - 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.
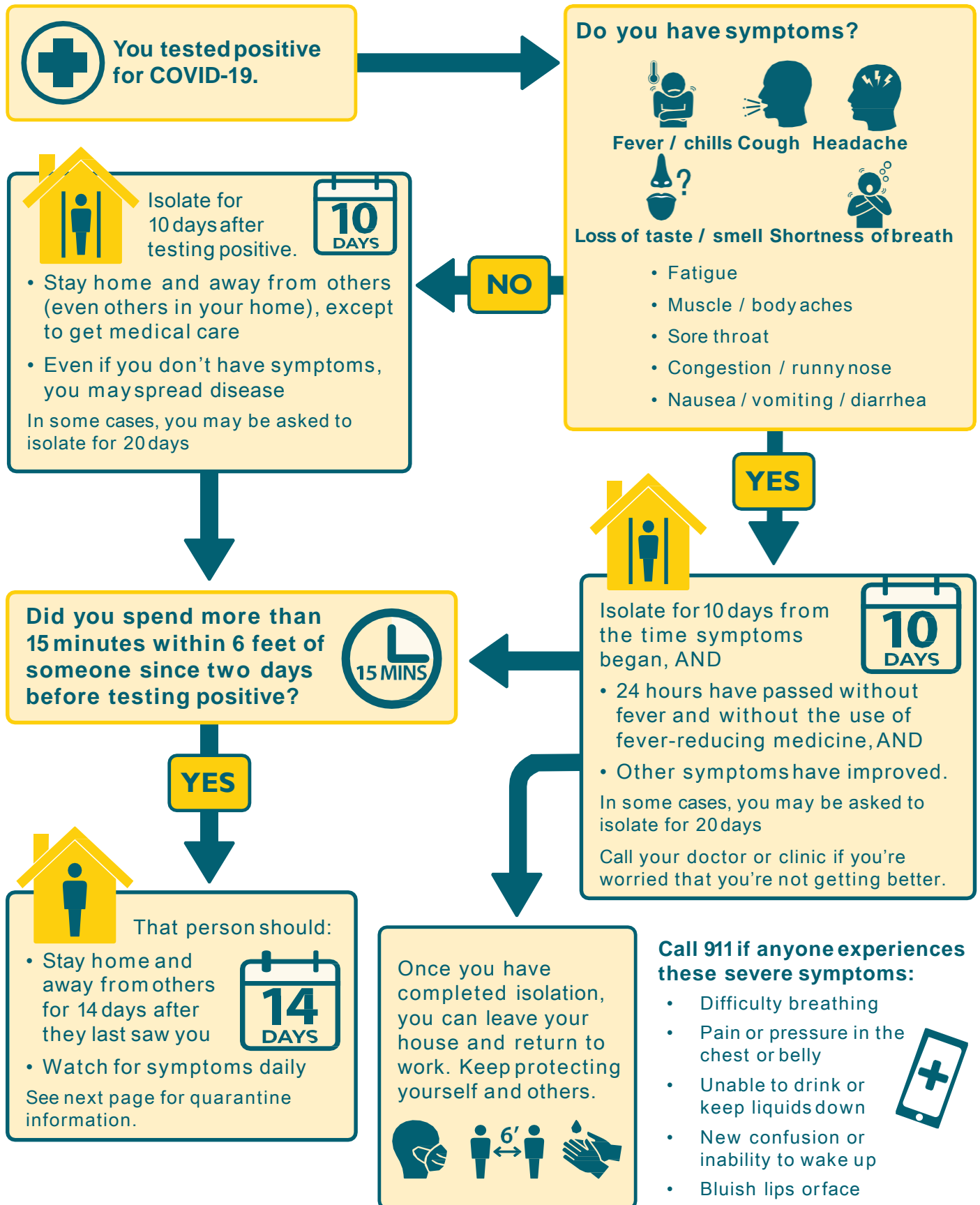
Some of this information can be very confusing. If you have questions or need help understanding what you need to do, your local public health agency can help. Call with any questions or if you need more information:

»**Union County: 541-962-8800**

LET'S SLOW THE
S P R E A D
T O G E T H E R

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

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

10 DAYS

Isolate for 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

Call your doctor or clinic if you're worried that you're not getting better.

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

15 MINS

YES

That person should:

14 DAYS

- Stay home and away from others for 14 days after they last saw you
- Watch for symptoms daily

See next page for quarantine information.

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 lips or face

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.

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

Close contact: any individual within 6 feet of an infected person for a total of 15 minutes or more.

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 keep you from spreading the virus.

WHEN TO START AND END QUARANTINE

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 has tested positive for the virus. Staying in quarantine will help keep you from spreading the virus if you get it.

Stay home for 14 days after your last contact with someone who has COVID-19. It can be hard to tell when to end quarantine and be around others. Use this information to help you.

In each of the cases below, **even if you test negative for COVID-19 or feel healthy,** you should stay home (quarantine) because symptoms can show up from 2 to 14 days after exposure to the virus. You might test negative during this time because there may not be enough virus in your system.

You had close contact with someone who has COVID-19 and will not have any more close contact

Date of last close contact with person who has COVID-19 + 14 days = end of quarantine

You had close contact with your co-worker/neighbor/friend who has COVID-19. You will not have further contact with them while they are sick.

Your last day of quarantine is 14 days from the date you had close contact with them.

	MON	TUE	WED	THU	FRI	SAT	SUN
Last close contact with person who has COVID-19 →			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

Last day of quarantine

14 DAY QUARANTINE

You live with the person who has COVID-19 and can avoid more close contact

Date person with COVID-19 began home isolation + 14 days = end of quarantine

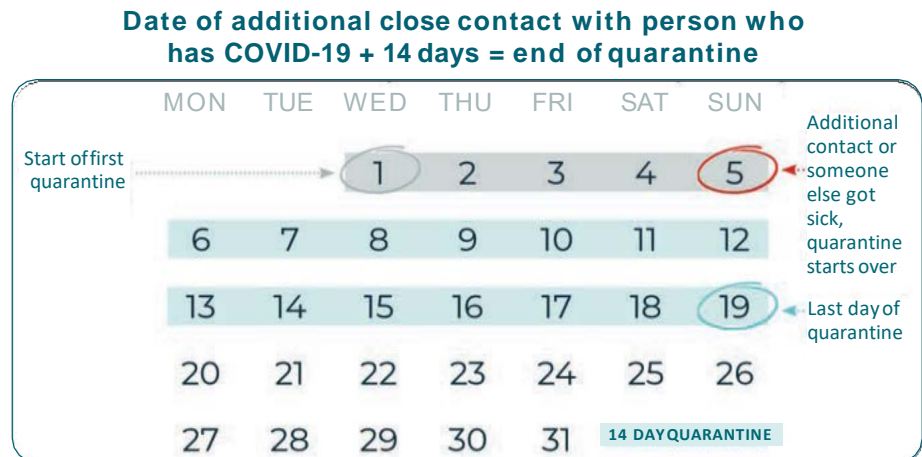Your roommate/partner/family member has COVID-19 and they are isolating by staying in a separate room.

Your last day of quarantine is 14 days from when you last spent 15 minutes within 6 feet of them.

	MON	TUE	WED	THU	FRI	SAT	SUN
Last close contact with person who has COVID-19 →			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

Last day of quarantine

14 DAY QUARANTINE

You are in quarantine, but live in a home where you can't avoid some close contact

Date of additional close contact with person who has COVID-19 + 14 days = end of quarantine

You live with someone who has COVID-19 and started your 14-day quarantine because you had close contact. What if you have more close contact with them during your quarantine, or if someone else in your home gets sick with COVID-19?
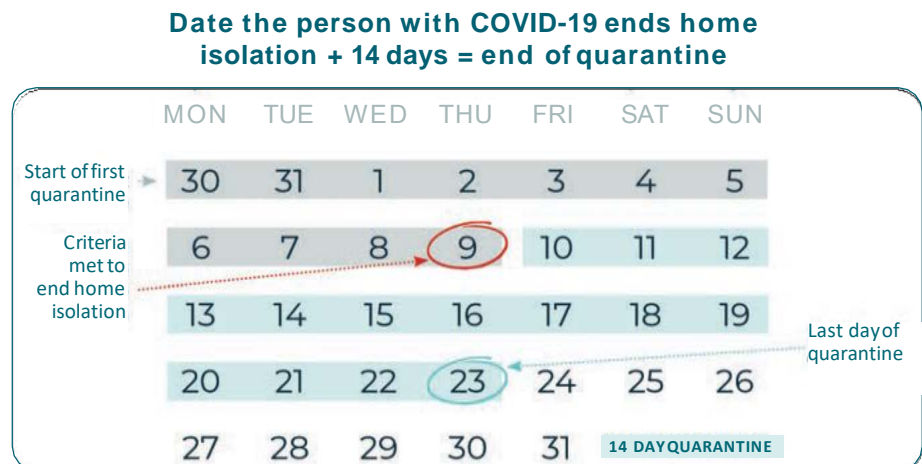
	MON	TUE	WED	THU	FRI	SAT	SUN
Start of first quarantine →	1	2	3	4	5		
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	**14 DAY QUARANTINE**	

Additional contact or someone else got sick, quarantine starts over (5)

Last day of quarantine (19)

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

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

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

Date the person with COVID-19 ends home isolation + 14 days = end of quarantine

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.

	MON	TUE	WED	THU	FRI	SAT	SUN
Start of first quarantine →	30	31	1	2	3	4	5
Criteria met to end home isolation →	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	**14 DAY QUARANTINE**	

Last day of quarantine (23)

You should avoid contact with others outside your home while the person is sick, and quarantine for 14 days after they recover. (See page 10, *When can I be around others*?)

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

Adapted from the Centers for Disease Control and Prevention (CDC). Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases 8/31/20

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 COVID-19 (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 11 *When can I be around others?*)	Going outside is okay as long as you are completely alone and stay away from others until 14 days have passed and no symptoms have appeared. 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.) There is help available to get the things you need and stay in isolation. (See next section.)	No, not until 14 days have passed and no symptoms have appeared. There is help available to get the things you need and stay in quarantine. (See next section.)
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.	Yes, if you can, until 14 days have passed and no symptoms have appeared. 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 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 14 days from your last close contact (15 minutes or more, within 6 feet of someone who has COVID-19). See page 7 *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 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 (541) 962-1610

COVIDWRAPSVCS@UNION-COUNTY.ORG

The Union County WRAP Team is available round the clock to respond to calls and emails from residents that have tested positive for COVID-19 or possibly been exposed. We are here to help you get what you need if you are in this situation.

LANGUAGE SERVICES

Ayuda en español: (541) 910-0336

Help in Marshallese: (541) 910-6308

Help in Chuukese: (541) 910-6312

Help in Pohnpeian: (541) 910-6265

Help in Palauan: (541) 910-4346

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"Working for Healthy Communities"
www.chdinc.org

NEON
NORTHEAST OREGON NETWORK

EOCIL
EASTERN OREGON CENTER FOR INDEPENDENT LIVING
1999

CANN

Micronesian
Islander Community

Help is available outside normal business hours.

FINANCIAL HELP   FOOD BOXES   PICK UP & DELIVERY   RENT & UTILITIES ASSISTANCE

TELLING CLOSE CONTACTS

If you have tested positive for COVID-19, 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 3 to 4 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.

No matter the test result, your close contacts should <u>quarantine at home</u> for 14 days since you were last together. (See page 6, *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 recommends that you quarantine at home for 14 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 3 to 4 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 14 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.

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 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.

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

- 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).

- Families First Coronavirus Response Act – Requires covered employers to provide medical leave for specific reasons related to COVID-19, and emergency paid sick leave or expanded family leave.

- Pandemic Unemployment Assistance – Provides financial assistance if you're unable to work due to COVID-19 and don't qualify for regular unemployment (self-employed, contractor, gig worker, new hire, etc.).

- COVID-19 Temporary Paid Leave Program - Temporary paid leave for people who need to quarantine or isolate because of COVID-19 exposure or are experiencing symptoms and need a medical diagnosis, but do not qualify for COVID-19-related paid sick leave (or do not have access to COVID-19-related paid time off).

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.

»**Union County**
541-962-8800 chdinc.org/covid19

IMPORTANT: If you've been in close contact with someone infected with COVID-19, please wait 3-4 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. Follow these tips:
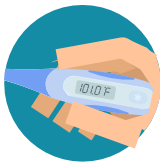
1. **Stay home** until:
   - It has been at least 10 days since your symptoms began **AND**
   - You have had no fever for 3 days without any medicine for fever **AND**
   - Your symptoms have improved.

2. **Monitor your symptoms carefully.** If your symptoms get worse, call your doctor immediately.

3. **Get rest and drink 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.

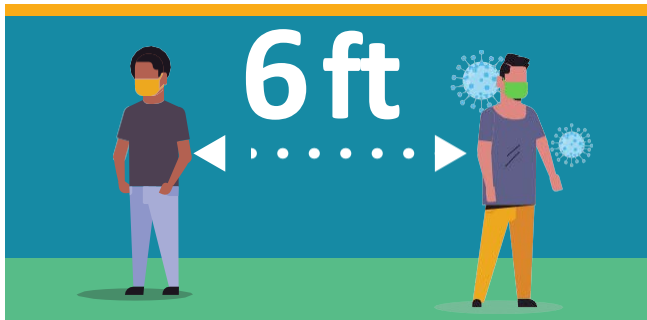9. **Avoid sharing any household items**, including food.

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

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

Stop the Spread of Germs

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

6ft

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

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.
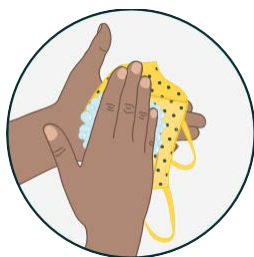
6. Fit should be snug but comfortable.

7. Make sure you can breathe through face covering.

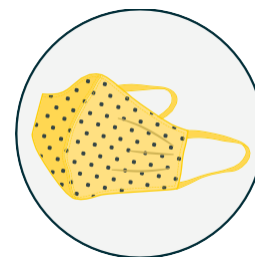8. Avoid touching face or face covering.

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

apply to palm
of hand

rub palm
to palm

between fingers

fingernails

wrists

thumbs

rub until dry
(20 seconds)

disinfected
hands

Questions?

Visit www.chdinc.org/covid19 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.