Isolation and Exposure Recommendations

If you test **positive for COVID-19**, regardless of vaccination status

Day 1-5

(Day 0 = day of test)



Stay home and wear a mask around others. If asymptomatic and you develop symptoms, restart your 5-day isolation period, with Day 0 being the first day of symptom onset.

Day 6-10



Wear a mask around others. If you have no symptoms or symptoms are improving, you can leave your home. If you got very sick or have a weakened immune system, consult your health care provider before ending isolation.

If you have a fever, continue to stay home until until 24 hours after fever resolves without fever-reducing medication.

If you were **exposed to COVID-19**, regardless of vaccination status.

Day 1-10

(Day 0 = day of exposure)



Monitor for symptoms and consider wearing a mask around others, especially individuals at higher risk for complications.

Day 5



Consider testing on Day 5. If you develop symptoms at any time, test immediately and 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.**