



## What does it mean to self-isolate?

Self-isolate means to separate people who are ill from those who are not. The goal is to keep COVID-19 from spreading.

**People who have COVID-19 need to self-isolate for 10 days** or until their health care provider clears them so they do not spread the virus or make others sick.

## How do I self-isolate?

Self-isolating can be challenging because it means:

- Not leaving home unless seeking medical care
- Staying in a separate room and using a separate bathroom from others in your home, if possible
- Avoiding contaminating common items and surfaces; cleaning and disinfecting surfaces you touch often, such as phones, doorknobs and toilets
- Washing your hands often with soap and water for at least 20 seconds. Dry with a disposable paper towel, or be sure to replace a reusable towel when it gets wet.

## How long do I need to self-isolate?

It's possible to spread COVID-19 to others, even when you don't have symptoms.

People who have COVID-19 should:

- Stay home for at least 10 days after their symptoms started, **and**
- Stay home until 72 hours after their symptoms have gone away without the help of medicine.

**People who test positive but have no symptoms need to self-isolate for 10 days after their first positive test result.**

## Stay in touch

**If your symptoms get worse, immediately contact your health care provider.**

Some people may find it easy to self-isolate, but 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://211info.org) or call 211.
- Oregon Health Plan members can contact [ohp.oregon.gov](https://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](https://www.centraloregonresources.org).