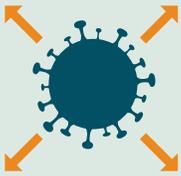


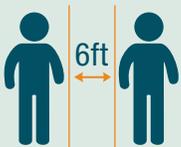
What does quarantine mean?

Quarantine means separating people who have been exposed to COVID-19 from those who haven't.



What if I feel fine?

You can spread COVID-19 to others even if you don't have any symptoms.



How do I quarantine?

- Stay home and at least six feet away from everyone, including the people you live with.
- Quarantine for 14 days after you were near someone with COVID-19, even if you don't feel sick.



You can ...

- ✓ Exercise alone
- ✓ Play games or puzzles
- ✓ Garden or sit outside your home
- ✓ Connect with people remotely



Please don't ...

- ✗ Go to the grocery store
- ✗ Go to the pharmacy
- ✗ Have friends over
- ✗ Exercise in a group



Take care

Call your health care provider if you develop COVID-19 symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of sense of taste or smell



Connect with resources

Some people may find it easy to quarantine. However, 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://www.211info.org) or call 211.
- Oregon Health Plan members can contact 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.