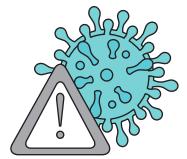




I've Been Exposed to Covid-19, What Do I Do?



Updated 1.27.2022

First, Quarantine if Needed!

If you're up to date* on vaccinations...

- You do not need to quarantine if you have no symptoms.
 - Wear a mask around others for 10 days.
 - Continue monitoring yourself for symptoms.
 - If symptoms develop, consider getting tested and begin quarantining.
- If you do have symptoms (even minor symptoms such as headache, stuffy nose, sore throat, etc.), quarantine until symptoms improve and you've gone 24 hours without fever.
 - Continue to monitor and if symptoms re-occur, check in with your doctor and consider getting retested.

If you're NOT up to date on vaccinations ...

- Stay at home for 5 days.
 - After that, continue wearing a mask around others for 5 additional days.
- If you can't quarantine, you must wear a mask around others for 10 days.
- If symptoms develop, get a test and stay home.
- Your quarantine period starts the day after you were exposed.

Quarantine means not leaving home unless you need medical care.

- Quarantine helps prevent the spread of Covid-19.
- Need help with food and housing? Visit <https://wou.edu/basic-needs/>

Second, Get Tested!

- Testing helps you find out if you have Covid-19 so you can avoid spreading it to others. CDC recommends getting tested **5 days** after exposure.
- Find a testing site [here](#).
- If you test positive you need to isolate.
 - Stay home for at least 5 days from when symptoms began.
 - After 5 days, if symptoms are improving, you can safely end isolation.

*What does being up to date on vaccinations mean?



You have been boosted.

OR

You have completed the primary series of Pfizer or Moderna vaccine within the last 5 months.

OR

You have completed the primary series of the J&J vaccine within the last 2 months.

Need help or have questions about Covid? Call OHA at 866-917-8881 or visit their [Covid page](#) for more information.

Polk County has a Covid-19 Hotline! Call 503-623-8175 and press option 5 to speak to a staff person. Open weekdays 8-12 & 1-5.

Still need a vaccine or booster? They are the best way to prevent Covid-19! Visit <https://getvaccinated.oregon.gov#/> to find a vaccination site near you.