



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:

- Staying home unless seeking medical care
- Staying in a separate room and using a separate bathroom from others in your home, if possible
- Avoiding touching 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 at least 24 hours after fever is gone (without the use of fever-reducing medication) and symptoms improve.

Even if you don't have symptoms or feel sick, self-isolate for 10 days after you are first diagnosed with COVID-19.

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 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.