



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 or call 211.
- Oregon Health Plan members can contact ohp.oregon.gov.
- Your [local or tribal public health authority](#) will help you find resources.