

# What to Expect If You've Have Been Diagnosed With COVID-19



After a health care provider lets you know that you have COVID-19, you'll get a call from your local or tribal public health authority.

## They will help you ...

- **Understand how to self-isolate.**
  - » When you self-isolate it means you stay away from everyone. This includes the people you live with.
- **Remember who you saw and where you went while you were contagious.**
  - » They will ask everyone you were in contact with to quarantine. Quarantine means to stay home and six feet away from others.
  - » To protect your privacy, the caller will not mention your name to your contacts.



## They will share information about how to:



Prevent the spread  
of the virus



Care for yourself  
and your family



Connect with  
resources near you



Oregon, let's  
answer the call.

Remember, you can spread the virus without feeling sick.

For individuals with disabilities or individuals who speak a language other than English, OHA can provide documents in alternate formats such as other languages, large print, braille or a format you prefer. Contact Mavel Morales at 1-844-882-7889, 711 TTY or [OHA.ADAModifications@dhsoha.state.or.us](mailto:OHA.ADAModifications@dhsoha.state.or.us).

Oregon  
Health  
Authority