How to Self-isolate

Oregon Health Authority

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 5 days or until 24 hours after fever has passed and other symptoms are improving. Then they should continue to wear a well-fitting mask around others for 5 more days to keep from spreading the virus and making 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 5 days after a positive test if they do not have symptoms or 5 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.
- Wear a well-fitting mask for an five more days and monitor for symptoms.

Even if you don't have symptoms or feel sick, self-isolate for at least 5 days after you are first diagnosed with COVID-19.

Stay in touch

Fill out the COVID-19 Case Survey (Oregon.gov/positivecovidtest) to help public health better understand how COVID is impacting your community.

Connect with resources

Some people may find it easy to isolate. 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:

- Tested positive? Visit Oregon.gov/positivecovidtest or call 866-917-8881 (toll free) if you need assistance.
- 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.