



What to do if you have confirmed or suspected coronavirus (COVID-19) and are recovering at home

If you are diagnosed with COVID-19 or suspect you have COVID-19 because you have been exposed to someone with the illness, follow the steps below to help prevent the disease from spreading to people in your home and community.

What are symptoms of COVID-19?

COVID-19 illness can range from mild illness to severe pneumonia that requires hospitalization. Symptoms can be similar to the common cold with sore throat and cough. Fever is not always present. Shortness of breath can mean more serious illness.

I have tested positive for COVID-19 or I think I have COVID-19 but have not been tested. What should I do?

- **Stay home except to get medical care**
 - You should stay home, except for getting necessary medical care. Avoid going to work and public areas. Avoid using public transportation, ride-sharing, or taxis. If you have a medical appointment, call your healthcare provider and tell them that you have or may have COVID-19. This will help the provider's office take steps to keep other people from becoming exposed or infected.
- **Separate yourself from other people and animals in your home**
 - You should stay in your own room and away from other people in your home as much as possible. Use a separate bathroom, if available. Increase airflow in shared spaces like the kitchen or bathroom by opening windows. If you need help, have just one person who is healthy provide care.
 - You should avoid contact with pets and other animals while sick. When possible, have another member of your household care for your animals. If you must care for your pet, wash your hands before and after you interact with pets and wear a facemask.
- **Wear a facemask**
 - You should wear a facemask when you are around other people, pets, and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you, or they should wear a facemask if they enter your room.
- **Cover your coughs and sneezes**

- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and immediately clean your hands as described below.
- **Clean your hands often**
 - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Soap and water are preferred if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Avoid sharing personal household items**
 - You should not share dishes, utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
- **Clean all “high-touch” surfaces every day**
 - High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the instructions on the label. Bathroom and toilet surfaces should be cleaned daily with household cleaner and then with a bleach disinfectant.
- **Monitor your symptoms**
 - Call your healthcare provider if your symptoms are getting more serious (such as difficulty breathing). Tell your healthcare provider that you have, or may have, COVID-19. If you need to be seen in person, follow their instructions on how to enter a facility without exposing others and wear a facemask.
 - If you have a medical emergency and need to call 911, notify them that you have, or may have, COVID-19. If possible, put on a facemask before emergency medical services arrive.

When is it safe to leave home?

If you have tested positive for COVID-19 or may have COVID-19 but have not been tested and are recovering at home, you can leave home after:

You have not had a fever for at least 72 hours (meaning three full days of no fever without the use of medicine that reduces fevers) AND other symptoms have resolved.

Even after your symptoms have improved you must continue to follow Oregon’s [Stay Home executive order](#) which includes only going out for essential needs such as groceries and medical care, and returning to work as determined by your employer.

What if someone in my household becomes sick?

If someone in your household becomes sick with cold symptoms, cough or fever, it is possible that they have COVID-19. They should contact their healthcare provider for medical advice, especially if

they are over the age of 60, pregnant, or have chronic medical conditions. If they can stay home to recover, they should follow all these precautions.