HEALTH SERVICES
PUBLIC HEALTH

800 NE Oregon Street
Portland, OR 97232
Voice 971-673-1111
Fax 971-673-1100

January 5, 2022

Dear Click or tap here to enter text.,

You are receiving this letter because you were recently diagnosed with COVID-19, and we want to provide you with steps to help prevent the disease from spreading to people in your home and community.

Symptoms of COVID-19

The most common symptoms of COVID-19 are fever, cough, and shortness of breath. Sometimes people may have loss of taste or smell, diarrhea, sore throat, and muscle pain, and they may feel very tired. Most people with COVID-19 will have mild disease, but some people will get sicker and may need to be hospitalized.

Stay home except to get medical care

Stay home unless you need medical care. Do not go to work, school, or public areas. To the extent possible, avoid using public transportation, ride-sharing or taxis.

Separate yourself from other people and animals in your home

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, only one healthy person should provide care.

Be extra cautious to limit your contact with people who are at higher risk for severe illness, which includes those 60 years or older, pregnant women, and those with underlying medical conditions such as heart disease, lung disease, or diabetes.

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.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them you have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have COVID-19. If possible, put on a facemask before emergency medical services arrive or immediately after they arrive.

If you become hospitalized for this illness, please have a family member or your provider contact Deschutes County Health Services at (541) 322-7418.

OHA 2295 (01/03/2022)

Wear a N95, KN95, paper, or disposable face covering if you have one

Wear a N95, KN95, paper or disposable face covering when you cannot avoid being around other people (for example, sharing a room or vehicle) or pets, and before you enter a healthcare provider's office. If you are not able to wear a mask or face covering (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 trashcan 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 60–90% 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

Do 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. 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, first with household cleaner and then with a bleach disinfectant.

When is it safe to leave home?

You may leave your home if all three of the following are true:

- At least 24 hours have passed after you last had a fever (without using medicine to reduce your fever); **and**
- COVID-19 symptoms (cough, shortness of breath, diarrhea) are getting better; **and**
- At least 5 days have passed since the first day you got sick or since your first positive test for COVID-19. If you have no symptoms or your symptoms are resolving, you can leave your house. Continue to wear a good fitting mask for 5 more days when around others. This is because you may still be able to transmit the virus to others. If you never had symptoms, isolate for five days following the specimen collection date of the positive test.

DCHS acknowledges that in these guidelines, there is still risk of development of illness until 14 days after exposure AND risk that a person remains contagious up until 10 days after symptom onset or test collection date in asymptomatic people. We recommend that cases and close contacts understand this risk and make choices to protect family and friends appropriately.

For cases who live in a congregate setting, were hospitalized for their illness or who are severely immunocompromised:
- At least 24 hours have passed after you last had a fever (without using medicine to reduce your fever); **and**
- COVID-19 symptoms (cough, shortness of breath, diarrhea) are getting better; **and**

- At least 20 days have passed since the first day you got sick or since your first positive test for COVID-19.
- If a case lives in a congregate setting BUT does not have severe to critical illness or is not severely immunocompromised, the recommended period of isolation is 10 days.

Follow Oregon's "Stay Home, Save Lives" order even after your symptoms have improved. Someone from the health department will call you to check on your recovery status.

What if someone in my household becomes sick?

If someone in your household becomes sick with symptoms (cough, fever, or shortness of breath) it is possible that they have COVID-19. They should contact their healthcare provider for medical advice, including asking whether they should be tested, especially if they are over the age of 60, pregnant, or have chronic medical conditions. They should also follow all the precautions described above.

What to do after Isolation?

If you have not been vaccinated, we strongly recommend that you get the vaccine to protect yourself against COVID-19. The mRNA vaccines have been shown to be the most effective compared to other vaccines.

We recommend you wait to schedule your appointment until after 14-days have passed since the first day you got sick or since your first positive test for COVID-19. It is very easy to find a place to get vaccinated. The vaccine is free, and no insurance is needed.
- Visit the link below to find an available clinic.

  https://www.stcharleshealthcare.org/CentralOregonCOVIDVaccine

More helpful information:

What to do if I am sick?
www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

Can I receive wage replacement?
https://unemployment.oregon.gov/

Can I get help paying rent, utilities or food?
https://www.neighborimpact.org/

Governor's Order to "Building a Safe and Strong Oregon"
https://coronavirus.oregon.gov/Pages/default.aspx?utm_source=GOV&utm_medium=egov_redirect&utm_campaign=https:%3A%2F%2Fgovstatus.egov.com%2For-covid-19

For any other questions, please call the **Deschutes County COVID-19 Hotline : (541) 699-5109**.

Sincerely,

Dr. Richard Fawcett

Dr. Richard Fawcett
Health Officer – Deschutes County