If you were exposed to someone with COVID-19. **QUARANTINE**

Exposed means spending at least 15 minutes or more within 6 feet of someone over the course of a day, with or without a mask.

If you develop symptoms at any time, stay home and get tested if possible. If you can’t get tested, assume you are contagious. Follow isolation guidelines.

<table>
<thead>
<tr>
<th>IF YOU</th>
<th>WHAT TO DO</th>
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</table>
| **Are up-to-date on vaccines** | ![Mask]  +  ![Person]  
No home quarantine is required. 
1. Wear a well-fitting mask around others for 10 days after exposure. 
2. Get tested around day 5, if possible. |
| **Are not up-to-date on vaccines** | ![House]  +  ![Mask]  +  ![Person]  
Quarantine. 
1. Stay home for 5 days after exposure. 
2. After that, continue to wear a well-fitting mask for 5 more days. 
3. Get tested on day 5, if possible. |
| **Had a positive COVID-19 test in the last 90 days and have recovered, with no current symptoms** | ![Mask]  
No home quarantine is required. 
1. Wear a well-fitting mask around others for 10 days after exposure. 
2. You do not need to get tested again. Your test result could still be positive from your last infection. |

Multnomah County Health Department  
[www.multco.us/covid19](http://www.multco.us/covid19)
What does “up-to-date” mean?
You have received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

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<tr>
<th>WHO</th>
<th>YOU ARE UP-TO-DATE IF YOU</th>
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</table>
| 18 years or older | ✓ Were vaccinated AND had your booster shot, OR  
|               | ✓ Completed the primary series of Pfizer or Moderna vaccine more than 2 weeks and less than 5 months ago, OR  
|               | ✓ Received the J&J vaccine more than 2 weeks and less than 2 months ago. |
| 5 to 17 years old | ✓ Completed your primary series (dose 1 & 2) of Pfizer vaccine more than 2 weeks ago. |

If you are unvaccinated, are only partially vaccinated, or if you are eligible for a booster but haven’t gotten it yet, you are NOT up-to-date.

If you are sick or test positive for COVID-19. ISOLATE

<table>
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<tr>
<th>WHO</th>
<th>WHAT SHOULD I DO?</th>
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| Everyone - Vaccinated and unvaccinated | 1. **Stay home** and away from others for at least 5 days, even if you have no symptoms.  
|               | 2. After 5 days, you can leave home if you have had no fever for at least 24 hours without fever-reducing medicines and have only mild symptoms that are improving.  
|               | 3. Continue to carefully mask around others for 5 more days.  
|               | **Call 911 if you have these severe symptoms:**  
|               | • Difficulty breathing  
|               | • Pain or pressure in the chest or belly  
|               | • Unable to drink or keep liquids down  
|               | • New confusion or inability to wake up  
|               | • Bluish or grayish lips or face |

This is general guidance and may not apply to some group living and educational settings. If you have questions about how long you should quarantine, see [multco.us/quarantine](http://multco.us/quarantine) or call 866-917-8881. If you need help staying home, call 211.