



Dear Deschutes County Resident,

You are receiving this letter because you have been exposed to someone diagnosed with COVID-19. This letter describes how to monitor yourself for symptoms, how to keep yourself and others safe, and what to do if you develop symptoms.

Starting today through the end of your 14-day quarantine please:

- **Stay at home as much as possible.** Practice physical distancing, which means staying at least 6 feet apart from all other people. If a person with COVID-19 lives in your home, you must separate yourself from this person in order to begin your quarantine today.
 - If you are a healthcare worker, please consult with your facility's occupational health team for guidance.
- **Check your temperature twice daily and monitor yourself for cough, shortness of breath, difficulty breathing, or new loss of taste or smell.**
 - Record your temperature and symptoms in the chart at the end of this letter.
 - Use a digital thermometer in the same way each time, at about the same times of day. Do not share your thermometer during your quarantine.
- **If your temperature is above 100°F at any time or you develop a cough, shortness of breath, difficulty breathing, or new loss of taste or smell:**
 - Begin isolating at home immediately.
 - Call your primary care provider to discuss symptoms and arrange for a COVID-19 test, or go to an urgent care center for testing.
 - Contact Deschutes County Health Services if you need assistance with finding a testing site. Say you've been exposed to COVID-19 and have symptoms. Call (541) 322-7418.
- **If you become very ill and/or have difficulty breathing, call 911, say you've been exposed to COVID-19 and have developed symptoms.**

When is it safe to end quarantine?

The safest option is for you to quarantine at home for 14-days since your last close contact to a person with COVID-19. *Note: you may only begin the 14-day period once you stop having contact with a person with COVID-19, even if this person lives in your household.*

If you are fully vaccinated, see section for “What If I Am Fully Vaccinated?”

You may consider ending quarantine early:

- After 10 days if you have **no symptoms**
- After 7 days if you have **no symptoms** and you take a diagnostic Covid-19 test through a laboratory or provider or school (with CLIA waiver) on day 5-7 after exposure and have a negative result.

If you end quarantine early, please continue to monitor yourself for symptoms until 14 days have passed since exposure to a person who was positive with COVID-19.

If you develop symptoms at any point, immediately isolate at home and contact your healthcare provider or Deschutes County Health Services at (541) 322-7418.

IMPORTANT: There is a small but significant chance that a shortened quarantine period may result in post-quarantine transmission; therefore, it is critical that quarantined individuals continue to monitor themselves for symptoms daily during the entire 14 days of quarantine. If symptoms develop, the individual should return to quarantine, notify your local public health authority, and call your healthcare provider to discuss testing.

Note: Shortened quarantine will not be an option for residents or patients in these settings:

- Long-term care facilities (LTCFs)
 - Adult foster homes (AFHs)
 - Residential healthcare settings (e.g., behavioral health residential treatment centers, facilities for people with intellectual or developmental disabilities)
 - Inpatient healthcare settings (e.g., hospitals, inpatient hospice)
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-----What If I Am Fully Vaccinated? -----

Fully Vaccinated Close Contacts are defined as those that meet the following criteria:

- Are fully vaccinated (i.e., ≥ 2 weeks following receipt of the second dose in a 2-dose series of an FDA-authorized COVID-19 vaccine, or ≥ 2 weeks following receipt of one dose of an FDA-authorized single-dose vaccine)
- And have remained symptom free since the current COVID-19 exposure

If you have been fully vaccinated (per the definition above), the following are the quarantine recommendations based off various levels of risk:

Tier 1: 14 day quarantine is recommended for the following fully vaccinated individuals*:

- Residents of long term care facilities, adult foster homes, hospitals, residential health care or IDD facilities.

Tier 2: 7 Day quarantine at home is recommended for the following fully vaccinated individuals*:

- Individuals that have immunosuppressive health conditions or who take chronic immunosuppressive medications, or who are over the age of 75, or who work as non-medical caregivers.
 - These individuals are able to return to normal activities (e.g. work, school, etc.) on day 8 after receiving a negative result from a diagnostic COVID-19 test that was done through a laboratory or provider or school (with CLIA waiver); test collection must be done on day 5-7 after exposure. Upon returning to normal activities, they must **follow strict mask wearing and social distancing practices** (e.g. wearing double masks or properly fitted N95s, avoiding crowds, etc.) for the duration of the 14-day period from date of last exposure.
 - If testing is not done, it is recommended to complete the full 14-day quarantine at home.

Tier 3: For all other fully vaccinated individuals*:

- No quarantine, but we recommend self-monitoring for any symptoms during that 14-day period following exposure.
 - We are still learning about the risk of SARS-CoV-2 transmission from vaccinated persons to others, so as we continue to learn more we **recommend diligent mask wearing and following strict social distancing practices** (e.g. wearing double masks or properly fitted N95s, avoiding crowds, etc.) when working and around others during the 14-day period following date of last exposure.
 - We also strongly recommend testing on days 5-7 following exposure, regardless of symptoms to help determine breakthrough infections.

*For any individuals that develop symptoms during the 14-day period following COVID-19 exposure, they should isolate at home and seek out testing.

----- How to QUARANTINE -----

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 for you.
- 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 cloth, paper, or disposable face covering

Wear a cloth, paper or disposable face covering when you must be inside shared/common spaces (e.g., when using a shared bathroom or kitchen) and before you enter a healthcare provider's office. If you are not able to wear a face covering (for example, because it causes trouble breathing), it is important that you stay alone in your room, and other people should wear a face covering if they must enter your room for an essential reason.

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. Soap and water are preferred, especially if hands are visibly dirty. 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 with sanitizer and rub hands together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

Do not share dishes, utensils, towels, or bedding with people in your home. After using items, wash them thoroughly with soap and water (in a dishwasher or washing machine if available.)

Clean all “high-touch” surfaces every day

Clean high-touch surfaces like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables every day. Also, thoroughly 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.

What if someone in my household becomes sick?

If someone in your household becomes sick with symptoms (cough, shortness of breath, fever or loss of taste/smell), 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. They should also begin quarantining, as described above.

What to do after Quarantine?

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 completing the 14-day period following your date of last exposure. It is very easy to schedule online - Just choose an appointment time that is convenient for you. The vaccine is free, and no insurance is needed.

- Visit <http://www.centraloregoncovidvaccine.com/> to schedule for a vaccination at an available clinic.
- Individuals can also schedule by phone for their COVID-19 vaccine. Call **(541) 699-5109**.

More helpful information:

What to do if I am sick?

www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

Where do I get more information about COVID-19 or resource assistance?

www.centraloregonresources.org

Governor's Order to "Stay Home, Save Lives"

<https://govstatus.egov.com/or-covid-19>

Sincerely,



Dr. Richard Fawcett
Health Officer – Deschutes County

Self-Monitoring Chart

Please take your temperature twice daily before drinking anything hot or cold and before taking any medications that reduce a fever (i.e. acetaminophen, ibuprofen, and aspirin). Record your temperatures, twice daily for 14 days, in the table below.

Please pay attention to how your body is feeling and if you have symptoms, mark in the appropriate column in the table below. Call your health care provider and health department contact person if you develop **ANY symptoms**. Begin strict self-isolation at home and follow guidance from your health care provider and/or local health department.

Monitor yourself for fever, cough, shortness of breath, sore throat, fatigue, unexplained body aches, joint discomfort, chills or sweats, diarrhea, nausea or vomiting until the end of your 14-day quarantine.

**** Important: Call 911 if you feel very ill or have difficulty breathing ****

Day	Date	Temp #1	Temp #2	Symptoms						
				Cough	Difficulty Breathing	Sore Throat	Body Aches or Joint Pain	Fatigue	Abrupt Loss of Smell/Taste	Diarrhea, nausea or vomiting
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
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