HOW LONG TO QUARANTINE

14 DAY QUARANTINE ➡ *the safest option*

14 DAY

EXPOSURE   QUARANTINE 14 DAYS   RETURN TO NORMAL ACTIVITY

DAY **0**   DAY **1**   DAY **14**
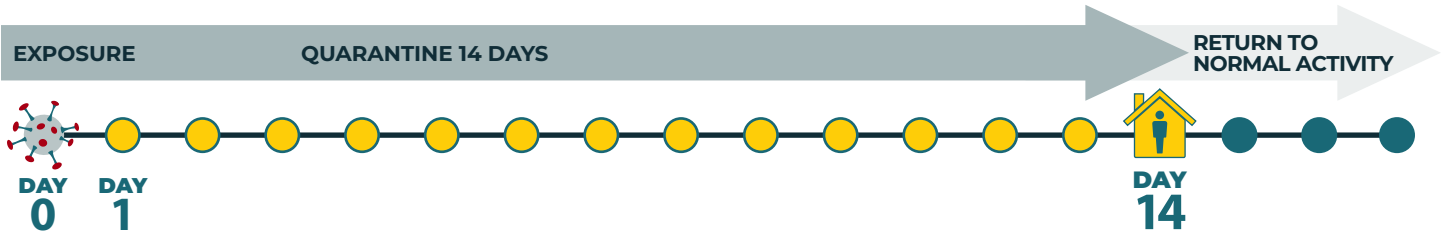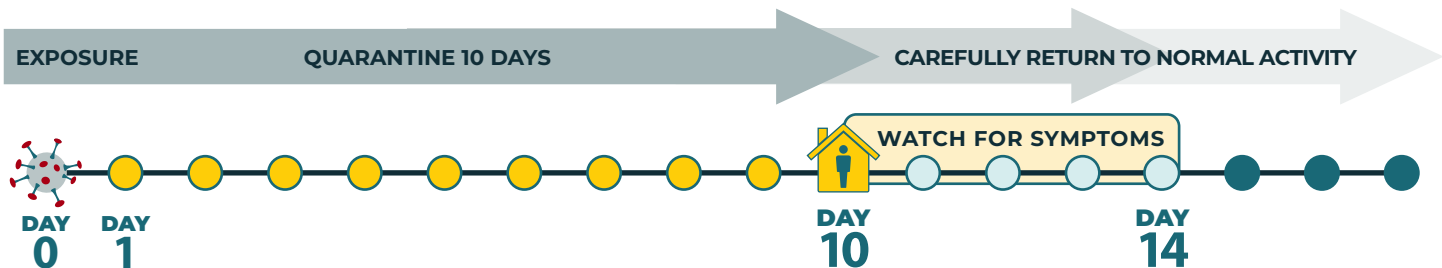
Staying home and away from other people for 14 days is the safest way to prevent the spread of COVID-19 to others.

- You are **required** to quarantine for 14 days if you live or work in a long-term care facility or other licensed group setting.
- **Quarantine for a full 14 days** if someone in your house has COVID-19 or if you live or work with people who are at risk for serious illness from COVID-19.

10 DAY QUARANTINE

10 DAY

EXPOSURE   QUARANTINE 10 DAYS   CAREFULLY RETURN TO NORMAL ACTIVITY

WATCH FOR SYMPTOMS

DAY **0**   DAY **1**   DAY **10**   DAY **14**

If you have no symptoms, quarantine for at least 10 days. **If you develop symptoms,** isolate yourself from others and call your doctor or clinic right away.

After you have completed quarantine, you can leave your house and return to work. **Keep protecting yourself and others.**

The CDC offers the option to quarantine for 7 days if you have no symptoms and get a test on day 5, 6, or 7 with a negative result. **Local public health experts do not recommend this in our region** because:

- there is a higher chance of spreading COVID-19 to people you care about if you end your quarantine after 7 days,
- there is a high demand for local testing and limited resources, and
- it can be difficult to time the test just right and get results quickly.

VISIT MULTCO.US/COVID19 FOR THE LATEST UPDATES

Multnomah County Health Department   CLACKAMAS COUNTY   WASHINGTON COUNTY OREGON