



COVID-19 GUIDEBOOK: AFTER TESTING

NOVEMBER 2021



PUBLIC HEALTH
PREVENT. PROMOTE. PROTECT

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INTRODUCTION

You did the right thing getting tested for COVID-19. Testing is the best way to find the virus in our community and slow its spread.

It may take a few days to get the results of your test. If you test positive, you may be contacted by Public Health. This guide will help you take action to keep yourself, your family, your co-workers and your friends safe.

While you are waiting for the results of your COVID-19 test, you should stay home and away from others. Doing so will keep you from giving the virus to others if you have it. Once you get the results of your test, you may need help isolating or quarantining. If you need assistance, there is help. (See page 10 for resources).

If you test negative - Follow any instructions from your healthcare provider. Even if you have tested negative, if you have been around someone with COVID, you may still need to stay home, away from others (quarantine). Continue everyday measures to protect yourself and others.

If you test positive - Whether or not you have symptoms, stay home and separate from others. **It is important to contact your employer and close contacts right away.** This booklet has helpful information for caring for yourself and others when you are positive for COVID-19. Some of this information can be very confusing. If you have questions or need help understanding what you need to do, we can help.

NON-EMERGENCY CALL CENTER

**THE CALL CENTER IS OPEN MONDAY THROUGH FRIDAY
FROM 8:00 A.M. TO 5:00 P.M. CALL 541-682-1380.**

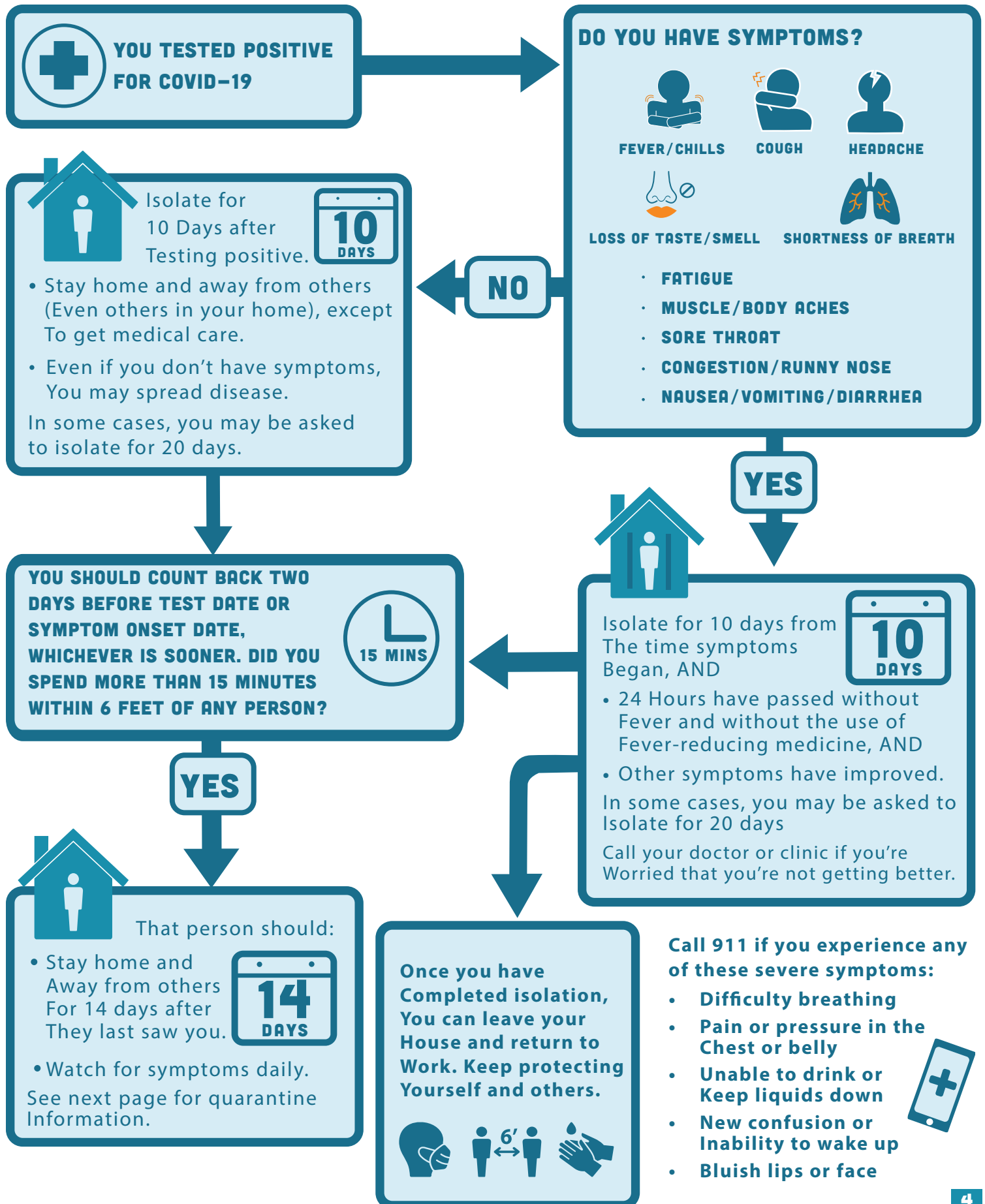


MASK UP.
YOU DON'T COVER
YOUR FACE FOR YOU.
YOU COVER IT FOR
THEM.



ISOLATION

ISOLATION: Keeps someone who is infected with COVID-19 away from others, even in their own home. You need to isolate if you have symptoms or have tested positive for COVID-19.



Quarantine keeps someone **who has been exposed to COVID-19** away from others. It helps keep people from spreading the virus before they know they are sick or in case they have COVID-19, but have no symptoms. It is very important that you quarantine (stay apart from others) if you have had recent close contact with someone who is sick with COVID-19 or who has tested positive for the virus.

Close contact means spending 15 or more minutes within 6 feet of someone who has COVID-19.

People are most likely to spread the virus in the day or two before they have symptoms. Some people never show symptoms, but can still spread the virus. Staying in quarantine at home and away from others during this important time will help keep you from spreading the virus.



WHEN TO START AND END QUARANTINE

Your quarantine should start as soon as you know you've been in close contact with someone who is sick with COVID-19 or who has tested positive for the virus. Staying in quarantine will help keep you from spreading the virus if you get it.

Stay home for 10 days after your last contact with someone who has COVID-19. It can be hard to tell when to end quarantine and be around others. Use this information to help you.

In each of the cases below, **even if you test negative for COVID-19 or feel healthy**, you should stay home (quarantine) because symptoms can show up anytime between 2 and 10 days after exposure to the virus.

Example 1:

You had close contact with someone who has COVID-19 and will not have any more close contact.

Please note. Information will be updated as guidance from OHA (Oregon Health Authority) is changed.



You had close contact with your co-worker/ neighbor/friend who has COVID-19. You will not have further contact with them while they are sick. Your last day of quarantine is 10 days from the date you had close contact with them.

WHEN TO START AND END QUARANTINE

You live with someone who has COVID-19



You should avoid contact with other people outside your home while the person is sick and quarantine for 10 days after they recover.

You have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19 (has symptoms or tested positive).

Anytime a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.

There is help available if you need to isolate or quarantine someplace other than your home. Call our Non-Emergency Call Center. The call center is open Monday through Friday from 8:00 a.m. to 5:00 p.m. Call 541-682-1380.

WHAT I CAN AND CAN'T DO

Recovered: At least 10 days have passed since your first symptoms and you have no fever for 24 hours without the use of medicine and your symptoms are improving. If you tested positive, but never had symptoms, you can be around others when 10 days have passed since your test.

	ISOLATION	QUARANTINE
WHO?	<p>People sick with COVID-19 Or who tested positive For COVID-19 (with or Without symptoms).</p> <p>People with covid-like symptoms that have tested negative are also being asked to isolate for 10 days</p>	<p>People with no symptoms and Who were in close contact with Someone who tested positive For COVID-19. Close contact Means 15 minutes or more Within 6 feet with or without A mask or face covering.</p>
SHOULD I STAY HOME?	Yes	Yes
CAN I GO TO WORK OR SCHOOL?	No. You can work at home If your job allows it and if You feel well enough.	No. Work at home if Your job allows it.
CAN I GO TO THE DOCTOR OR GET HEALTH CARE? If you don't have a health care Provider, call 211 for more info.	Yes. Contact your health care Provider before going to Their office. They may set up A video/phone appointment Or need you to follow special Steps if you go to the office.	Yes. Contact your health care Provider before going into Their office. They may set up A video/phone appointment or need you to follow special steps if you go to the office.
CAN PEOPLE VISIT ME?	<p>No. No one outside your household should visit you.</p> <p>Limit visiting with those in your household to one person if you need help or care.</p> <p>When you are with people in your household, wear masks, stay 6 feet apart, and wash hands often.</p>	No. No one outside your household should visit you.
CAN I GO OUTSIDE FOR WALKS, BIKE RIDES, HIKES?	Going outside is okay as long as you are completely alone and stay away from others. Wear a mask if you can't keep 6 feet apart.	Going outside is okay as long as you are completely alone and stay away from others until 10 days have passed and no symptoms have appeared. Physically distance yourself from others as far as possible, and no less than 6 feet apart, even when outside.

WHAT I CAN AND CAN'T DO

Recovered: At least 10 days have passed since your first symptoms and you have no fever for 24 hours without the use of medicine and your symptoms are improving. If you tested positive, but never had symptoms, you can be around others when 10 days have passed since your test.

	ISOLATION	QUARANTINE
CAN I GO OUT FOR GROCERIES AND OTHER ESSENTIAL ITEMS LIKE MEDICATIONS?	No, not until you have recovered . (See below.) There is help available to get the things you need and stay in isolation. (See next section.)	No, not until 10 days have passed and no symptoms have appeared. There is help available to get the things you need and stay in quarantine. (See next section.)
DO I HAVE TO STAY IN A SEPARATE ROOM IN MY HOME?	Yes, stay in a separate room or area, if you can, until you have recovered.	Yes, if you can, until 10 days have passed and no symptoms have appeared. Continue to watch for symptoms.
WHAT IF I START TO FEEL SICK? Call 911 if you have these severe symptoms: <ul style="list-style-type: none"> • 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 lips or face 	Call your health care provider. If you don't have a health care provider, call 211 for more info.	Call your health care provider. If you don't have a health care provider, call 211 for more info.
WHEN CAN I BE AROUND OTHERS?	If you have been sick, you can be around others when: <ul style="list-style-type: none"> • At least 10 days have passed since your first symptoms AND • You have no fever for 24 hours without the use of medicine AND • Your symptoms are improving If you tested positive, but never had symptoms, you can be around others when 10 days have passed since your test.	You can be around others after 10 days from your last close contact (15 minutes or more, within 6 feet of someone who has COVID-19). See page 7 When To Start And End Quarantine If you have developed symptoms, follow the instructions for isolation.

ISOLATION AND QUARANTINE HELP

Staying home until you can no longer spread the COVID-19 virus is really important. But staying home is not easy and you might need help.

We can help you get support so you can stay home for as long as you need to. Help is available in your community and in your language from organizations you know, including:

- Food
- Grocery or medication delivery
- Financial help for rent, utilities
- Information on how to apply for unemployment and sick leave
- Help accessing mental health support

HOW TO GET SERVICES:

As of December 2020, there are so many new people with COVID-19, that Public Health may not be able to call everyone that is a contact that is a COVID-19 positive case. If you get called by Public Health, the health worker can connect you with services. If you don't hear from Lane County Public Health:

- Talk with your health care provider and ask to be connected with support for your isolation and quarantine. Your provider may be able to help you.
- To see a resource guide visit:

WWW.LANECOUNTY.ORG/CONTACTTRACING

IF YOU NEED ASSISTANCE NAVIGATING SUPPORTS HAVE ADDITIONAL URGENT FOOD OR PHARMACY NEEDS PLEASE CALL US AT:

IF YOU WERE A **CONTACT OF SOMEBODY WHO TESTED POSITIVE FOR COVID-19 CALL US AT (541) 682-1360, 10AM-4PM, 7 DAYS PER WEEK.**

IF YOU TESTED **POSITIVE FOR COVID-19 CALL US AT (541) 682-4041, 8AM-5PM, 7 DAYS PER WEEK.**



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TELLING CLOSE CONTACTS



PUBLIC HEALTH
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If you have tested positive for COVID-19, you can help slow the spread by telling those you've been in close contact with right away.

- If you had or have symptoms: Contact the people you were in close contact with beginning 2 days before your symptoms began.
- If you did not or do not have symptoms: Contact the people you were in close contact with beginning 2 days before you took your COVID-19 test.

Call, email, or text close contacts as soon as possible. Timing matters!

People are most contagious the day or two before they have symptoms and some people never show symptoms, so notifying people ASAP is extremely important. If you can reach your friends and family within four days of their being around you, you can help keep the next person from getting sick with COVID-19. The sooner you let your contacts know, the sooner they can take action to stop the spread.

Tell them to stay home, away from others, and to get tested.

They can talk to their doctors about getting a test, or call our Non-Emergency Call Center. The call center is open Monday through Friday from 8:00 a.m. to 5:00 p.m.

Call 541-682-1380 if they don't have a doctor, or get tested at a community test site. The test may not work if they get tested too soon. Testing before 7 days after exposure can give you a false negative result.

If they test positive, they should tell anyone they've been in close contact with.

No matter the test result, your close contacts should quarantine at home for 14 days since you were last together. (See page 6, Quarantine.)

ANSWER THE HEALTH WORKER'S CALL, IF THEY CALL YOU.

- A public health worker doing contact tracing may call you if you test positive. These workers help slow the spread of the virus by finding out who you may have infected and keeping them from spreading the virus to others.
- If public health calls you, let them know your close contacts and the places you visited. If you haven't reached out to your close contacts already, the health worker will help you identify and inform them.
- All information you share will be kept private and is not shared with the federal government, ICE, or your landlord.
- Health workers will not ask for Social Security numbers, bank information, or credit cards.

TELLING CLOSE CONTACTS

Need help telling people?

Here's an example of what to say to your close contacts:

"After we spent time together recently, I was tested for COVID-19 and tested positive. Because we had close contact, public health recommends that you quarantine at home for 10 days since we last saw each other. You should also get tested.

You can talk to your doctor about getting a test. The test may not work if you get tested too soon. Testing before 7 days after exposure can give you a false negative result.

Even if you test negative, you should stay home and away from others for the full 10 days. If you need help with rent, food delivery, and other resources so you can afford to stay home while quarantining, look on the website (lanecounty.org/coronavirus) for more information.

"I know this may be hard news to hear, so if you want to talk, give me a call."



TELLING YOUR EMPLOYER

We strongly recommend you tell your employer if you test positive for COVID-19 and have been around other employees or the public at work. You can help slow the spread of COVID-19 by telling your supervisor or employer as soon as possible. People who were around you at work will then know to stay home and away from others and get tested too.

Do not go to work

If you test positive for COVID-19, stay home, even if you don't have symptoms. Call in sick. Take sick leave if you have it. Isolate yourself as directed in Isolation/Quarantine (pages 5-6).

If your employer requires a doctor's note to stay home, you can contact your doctor, clinic, or the place where you got tested.

Will my employer tell my coworkers I tested positive?

Employers are now required to tell employees of their exposure to COVID-19 in the workplace. But they must keep information confidential and not reveal your name or personal information as required by the Americans with Disabilities Act (ADA).

Will my employer question me about COVID-19 symptoms?

During a pandemic, employers who are required to comply with the ADA may ask employees if they are experiencing symptoms. They must maintain all information about employee illness as a confidential medical record, in compliance with the ADA.

If you are being treated unfairly

If you experience discrimination when you tell your employer you tested positive for COVID-19, contact the Oregon Bureau of Labor and Industries (BOLI) to file a report and get help. Report the discrimination as soon as possible. Call 971-673-0761 or email help@boli.state.or.us.

Contact Lane County's Local OSHA field office to report hazards at your work-site. Call 541-686-7562 or go to osha.oregon.gov/workers.

TELLING YOUR EMPLOYER



SICK LEAVE OPTIONS

- Paid sick time - Oregon law gives all employees sick time, including part-time workers. You get this if your employer has 10 or more employees.
- Families First Coronavirus Response Act – Requires covered employers to provide medical leave for specific reasons related to COVID-19, and emergency paid sick leave or expanded family leave.
- Pandemic Unemployment Assistance – Provides financial assistance if you're unable to work due to COVID-19 and don't qualify for regular unemployment (self-employed, contractor, gig worker, new hire, etc.).
- COVID-19 Temporary Paid Leave Program - Temporary paid leave for people who need to quarantine or isolate because of COVID-19 exposure or are experiencing symptoms and need a medical diagnosis, but do not qualify for COVID-19-related paid sick leave (or do not have access to COVID-19-related paid time off).

When You're Ready to Go Back to Work

When you feel healthy again, and meet the requirements to be around others (see page 10, When can I be around others?), you can go back to work. We do not recommend employers ask employees to provide proof of a negative COVID-19 test to return to work. However, if your employer does require a negative test to return to work, they must pay for the test. Also, it could take weeks after your infection with COVID-19 to test negative, even though you can no longer spread the virus.

WHEN SHOULD YOU GET TESTED FOR COVID-19:



NOVEMBER 16TH

- **WHEN YOU DEVELOP SYMPTOMS (FEVER, SORE THROAT, DRY COUGH, DIFFICULTY BREATHING, MUSCLE ACHES, FATIGUE, LOSS OF SMELL OR TASTE, RUNNY NOSE, NAUSEA, VOMITING, ABDOMINAL PAIN, DIARRHEA, HEADACHE, CHILLS).**
- **IF YOU COME INTO CONTACT WITH A CONFIRMED CASE: 5-7 DAYS AFTER EXPOSURE TO CONFIRMED CASE.**

*** THESE LOCATIONS MAY REQUIRE A DOCTOR'S REFERRAL FOR NON-SYMPTOMATIC TESTING.**

CLINIC	APPOINTMENT REQUIRED?	PATIENTS ACCEPTED
EUGENE		
COSTCO + 541-683-8125 2828 CHAD DR. EUGENE, OR 97408	✗ NO	ALL
COVID CLINIC + 877-219-8378 293 VALLEY RIVER CENTER, EUGENE, OR 97401	✓ YES	ALL
NOVA HEALTH/URGENT CARE – WILLAMETTE ST 541-735-3161 2710 WILLAMETTE ST, EUGENE, OR 97405	✗ NO	ALL
NOVA HEALTH/URGENT CARE – COBURG ROAD 541-345-8760 1800 COBURG RD, EUGENE, OR 97401	✗ NO	ALL
NOVA HEALTH/URGENT CARE – WEST 11TH 541-640-7625 4040 W. 11TH AVE SUITE B, EUGENE, OR 97402	✗ NO	ALL
NOVA HEALTH/URGENT CARE – EAST 13TH 541-636-3473 598 E 13TH AVE, EUGENE, OR 97401	✗ NO	ALL

FREE COVID-19 TESTING IS AVAILABLE THROUGH THE UNIVERSITY OF OREGON'S MONITORING AND ASSESSMENT PROGRAM. ALL ASYMPTOMATIC RESIDENTS OF LANE COUNTY ARE INVITED TO PARTICIPATE IN THE SCREENING. PRE-REGISTRATION IS REQUIRED.

+ THESE CLINICS CHARGE A FEE FOR TESTING. PLEASE CONTACT THE CLINIC FOR MORE DETAILS.

CONTINUED



* THESE LOCATIONS MAY REQUIRE A DOCTOR'S REFERRAL FOR NON-SYMPTOMATIC TESTING.

CLINIC	APPOINTMENT REQUIRED?	PATIENTS ACCEPTED
* PEACEHEALTH SANTA CLARA CLINIC 541-222-7650 2484 RIVER RD, EUGENE, OR 97404	✓ YES	ALL
* PEACEHEALTH MEDICAL GROUP – SOUTH EUGENE CLINIC 541-222-8620 3299 HILYARD ST, EUGENE, OR 97405	✓ YES	ALL
* PEACEHEALTH BARGER CLINIC 541-242-8494 40410 AERIAL WAY, EUGENE, OR 97402	✓ YES	ALL
* PEACEHEALTH MEDICAL GROUP – UNIVERSITY DISTRICT 541-205-6041 1200 HILYARD ST, EUGENE, OR 97401	✓ YES	ALL
* PEACEHEALTH URGENT CARE – VA	TEMPORARILY CLOSED	
* PEACEHEALTH URGENT CARE – W 11TH 541-222-7200 3321 W 11TH AVE, EUGENE, OR 97402	✓ YES	ALL
RITE AID 541-342-7648 29TH AVE, EUGENE, OR 97405	✓ YES	ALL
–ASYMPTOMATIC TESTING ONLY– U OF O : MATTHEW KNIGHT ARENA 1390 VILLARD ST EUGENE, OR 97403	✗ NO	ALL
–ASYMPTOMATIC TESTING ONLY– U OF O : FORD ALUMNI CENTER 1720 E 13TH AVE EUGENE, OR 97403	✗ NO	ALL
WALGREEN'S – RIVER ROAD 541-607-1541 2788 RIVER RD, EUGENE, OR 97404	✓ YES	ALL

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CONTINUED



*** THESE LOCATIONS MAY REQUIRE A DOCTOR'S REFERRAL FOR NON-SYMPTOMATIC TESTING.**

CLINIC	APPOINTMENT REQUIRED?	PATIENTS ACCEPTED
ANY LAB TEST NOW + 541-343-2398 977 GARFIELD ST. #6, EUGENE, OR 97402	✓ YES	ALL
CURATIVE AT HULT CENTER 888-702-9042 1 EUGENE CENTER, EUGENE, OR 97401	✗ NO	ALL
ZOOMCARE + 503-684-8252 2490 WILLAMETTE ST #4, EUGENE OR 97405	✓ YES	ALL
SPRINGFIELD		
NOVA HEALTH URGENT CARE – MAIN ST 541-746-5437 5781 MAIN ST, SPRINGFIELD, OR 97478	✗ NO	ALL
NOVA HEALTH/URGENT CARE – HARLOW ROAD 541-500-6949 445 HARLOW RD STE 100, SPRINGFIELD, OR 97477	✗ NO	ALL
* PEACEHEALTH URGENT CARE – GATEWAY 541-222-6005 860 BELTLINE RD, SPRINGFIELD, OR 97477	✓ YES	ALL
G STREET INTEGRATED HEALTH 541-735-9420 1435 G ST, SPRINGFIELD, OR 97477	✗ NO	ALL
WALGREEN'S – 6 WEST Q ST 541-736-3857 6 W Q ST, SPRINGFIELD, OR 97477	✓ YES	ALL
WALGREEN'S – MOHAWK BLVD 541-747-3841 1210 MOHAWK BLVD, SPRINGFIELD, OR 97477	✓ YES	ALL










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CONTINUED



*** THESE LOCATIONS MAY REQUIRE A DOCTOR'S REFERRAL FOR NON-SYMPTOMATIC TESTING.**

CLINIC	APPOINTMENT REQUIRED?	PATIENTS ACCEPTED
WALGREEN'S 541-726-8423 5807 MAIN ST, SPRINGFIELD, OR 97478	 YES	ALL
OTHER LANE COUNTY TESTING LOCATIONS		
* PEACEHEALTH MEDICAL GROUP – COTTAGE GROVE 541-767-5200 1515 VILLAGE DR, COTTAGE GROVE, OR 97424	 YES	ALL
NOVA HEALTH 541-942-7000 1445 GATEWAY BLVD. , COTTAGE GROVE, OR 97424	 NO	ALL
WALGREEN'S 541-942-2224 1704 E. MAIN ST. , COTTAGE GROVE, OR 97424	 YES	ALL
NOVA HEALTH/URGENT CARE 541-640-7625 4480 N 101 HIGHWAY SUITE G, FLORENCE, OR 97439	 NO	ALL
* PEACEHEALTH MEDICAL GROUP – FLORENCE 541-997-7134 340 9TH ST, FLORENCE, OR 97439	 YES	ALL
RITE AID 541-997-2861 3451 US-101, FLORENCE, OR 97439	 YES	ALL
NOVA HEALTH/ URGENT CARE 541-998-6750 355 W 3RD AVE, JUNCTION CITY, OR 97448	 NO	ALL
NOVA HEALTH PRIMARY CARE 541-935-2200 87983 TERRITORIAL HWY, VENETA, OR 97487	 NO	ALL

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CLINIC	APPOINTMENT REQUIRED?	PATIENTS ACCEPTED
* PEACEHEALTH MEDICAL GROUP – DEXTER 541-937-2134 38843 DEXTER RD, DEXTER, OR 97431	✓ YES	ALL
* PEACEHEALTH MEDICAL GROUP – DEXTER 541-937-2134 38843 DEXTER RD, DEXTER, OR 97431	✓ YES	ALL



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HELP PREVENT THE SPREAD OF COVID-19



DON'T:



**TOUCH YOUR EYES,
NOSE AND MOUTH**



**VISIT CROWDED
PLACES**



**LEAVE HOME WITHOUT
A FACE COVERING**



**LEAVE HOME WHILE
BEING SICK**

DO:



**STAY 6 FT. AWAY
FROM OTHERS**



**WEAR A FACE
COVERING**



**WASH YOUR HANDS
OFTEN**



**STAY HOME WHEN
YOU ARE SICK**

HOW TO USE A CLOTH FACE COVERING



1. Wash hands with soap and warm water.



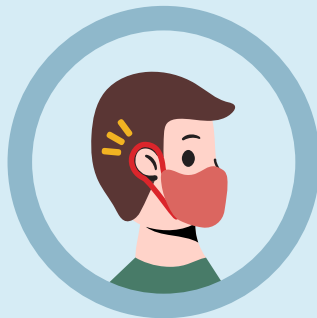
2. Use a clean face covering.



3. Touch the face covering as little as possible while putting on.



4. Make sure the face covering covers nose and mouth.



5. Secure face covering well using the ear loops.



6. Avoid touching your face while wearing the face covering.



7. After removing the face covering, wash face and hands with soap and warm water.



8. Wash the face cover after wearing.



9. Before wearing again, make sure face covering is completely dry.

For more information visit:

www.lanecounty.org/coronavirus

QUESTIONS?

Visit www.lanecounty.org/coronavirus for more information on what to do if you test positive for COVID-19, how to isolate or quarantine and how to get support to stay home.



FAMILY OR HOUSEHOLD COVID-19 ISOLATION OR QUARANTINE PLAN

If your household became ill with COVID-19 and needed to quarantine or isolate for 14 days how would you access the items you needed? Do you know how you will get the critical things you need while in quarantine or isolation?

Planning ahead now can help reduce stress should this happen to you or a loved one.

Fill in this form and store in a safe place should your family or household experience quarantine or isolation at some point so you can use it for reference. These are the critical things Lane County Public Health will want to know in order to best help you.

PRIMARY CARE DOCTOR

NAME: _____ PHONE NUMBER(#): _____

DON'T HAVE A PRIMARY CARE DOCTOR? APPLY TO OHP: <https://www.oregon.gov/oha/hsd/ohp/pages/apply.aspx>

IDENTIFY YOUR SUPPORT CIRCLE

Who are the people in your community that do not live in your household that could help you from a distance should you have to quarantine or isolate in your home? These people can be your friends, family, co-workers, faith community, tribal community or teammates.

NAME: _____ PHONE #: _____

NAME: _____ PHONE #: _____

NAME: _____ PHONE #: _____

WORK

Discuss sick-leave policies and telework options with your employer.

SUPERVISOR NAME #: _____

HUMAN RESOURCES DEPARTMENT PHONE #: _____

RENT / MORTGAGE

NAME OF LANDLORD/COMPANY: _____ PHONE #: _____

NAME OF LENDER: _____ PHONE#: _____

BE PROACTIVE

Sit down with your family or household members and discuss how you would best approach this situation to make sure everyone is on the same page. We would recommend including food supply as part of your plan. Store 14-24 days of non-perishable food in case a household member gets sick.



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