

INFORMATION ABOUT COVID-19

PROTECT YOURSELF AND OTHERS

To follow state public health guidelines visit: <https://govstatus.egov.com/OR-OHA-COVID-19>

4 WAYS TO STOP THE SPREAD OF COVID-19

1. GET THE COVID-19 VACCINE AND BOOSTERS



- Vaccines are our best defense against getting severely sick, being hospitalized, or dying from COVID-19.
- Vaccine effectiveness decreases over time, but boosters "re-boost" immunity.
- CDC recommends that people ages 5+ receive the bivalent booster if it has been at least 2 months since their last COVID-19 vaccine dose. For children under 5, visit the following link to learn when boosters are appropriate: <https://rb.gy/mkkmkza>
- Visit the OHA website to follow the latest vaccination guidelines in Oregon.
- NOTE: Receiving the vaccine does not replace other COVID-19 preventive behaviors.

2. GET TESTED FOR COVID-19



- Getting tested is an important way to protect our families and prevent COVID-19 from spreading in our communities.
- Get tested if you have symptoms of COVID-19 (e.g., fever, cough).
- Get tested if you have been in close contact with someone who has COVID-19. It's best to test several (e.g., 5) days after exposure.
- Get tested regularly (e.g., every week or every other week) if your household or workplace includes close contact with people with chronic conditions or other health issues.
- Safe, reliable at-home COVID-19 self-test kits make getting tested easy and accessible.

3. COVER YOUR MOUTH & NOSE WITH A MASK



- Wearing a mask protects you and others. It is recommended to wear a mask indoors where community COVID-19 levels are high.
- If you were exposed to COVID-19, wear a high-quality mask (e.g., KN95) for the recommended number of days when around others, even if you have no symptoms. You can stop wearing a mask once you have two consecutive negative antigen tests 48 hrs apart.
- To follow the latest guidance on mask-wearing in Oregon, visit the OHA website: <https://govstatus.egov.com/OR-OHA-COVID-19>.

4. WASH YOUR HANDS FREQUENTLY



- Wash your hands often with soap and water for at least 20 seconds, especially after:
 - Being in a public place
 - Blowing your nose
 - Coughing
 - Sneezing

SAFE, RELIABLE AT-HOME COVID-19 SELF-TEST KITS

- Self-testing kits will be available at OSJP Mexican Consulate events across Oregon. You can also order free self-test kits online @ COVIDTests.gov or by calling 1-800-232-0233.
- Self-tests for COVID-19 give rapid results and **can be taken anywhere**.
- Self-tests **do not** detect antibodies that would suggest a previous infection and they do not measure your level of immunity. Visit CDC website for additional information <https://rb.gy/uojolr>.

THE VIRUS WAS NOT DETECTED IN MY TEST BUT I WAS EXPOSED

- If the virus is not detected in your test but you were exposed, continue to wear a high-quality mask (e.g., KN95) for the recommended number of days. The virus may not be detected because not enough time has passed between exposure and when you got tested. You may end mask-wearing as soon as you have two sequential negative antigen tests 48 hours apart.

MY TEST IS POSITIVE. WHAT DO I DO NOW?

- You should isolate in your home for at least 5 days even if you have no symptoms. Wear a high-quality mask (e.g., KN95) when you must be around others in your home. Avoid being around people who are immunocompromised and more likely to get very sick from COVID-19 until at least day 11.
- If after 5 days you are fever-free for 24 hours without medication, and symptoms are improving, or you never had symptoms, you can end isolation but continue to wear a high-quality mask for the recommended number of days. If your COVID-19 symptoms worsen, restart your isolation at day 0.
- CDC offers guidelines to follow if you test positive. Visit: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>.
- COVID-19 financial-related concerns? Consider contacting the Oregon Legal Aid Center: <https://oregonlawhelp.org>; (541) 485-1017. For additional resources visit <https://workerrelief.org> OR www.OregonRentersRights.org for information on your rights and protections as a tenant.

I FEEL SICK BUT HAVE NOT BEEN TESTED OR DO NOT YET HAVE TEST RESULTS

- If you are sick and suspect you have COVID-19 and took a test but do not yet have test results, you should isolate until you have your test results. If your results are positive, isolate for at least 5 more days and wear a high-quality mask (e.g., KN95) when you must be around others at home, even if you have no symptoms. End isolation if you have two consecutive negative antigen tests 48 hrs apart.

WHAT IS ISOLATION?

- Isolation means staying away from others after a confirmed infection. If possible, isolate in a place in your home where you will not have contact with others and will be able to use a separate bathroom. When isolating, do not share utensils and if you cannot maintain distance, wear a high-quality mask (e.g., KN95) at all times when around others.

**These isolation guidelines are consistent with CDC recommendations on 2/20/2023.
Call 211 for updated information.**



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Juntos Podemos

For more information visit: <https://blogs.uoregon.edu/osjp>

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