

WHAT TO DO IF YOU THINK YOU MIGHT HAVE COVID-19

At this time, there is community spread of the virus that causes Covid-19, throughout Oregon and the rest of the US. This means you can be exposed to this virus even if you have not been in close contact with someone you know has tested positive.

If you know you have been in close contact with someone who has tested positive for the Covid virus in the last two weeks, do the following even if you do not have any illness symptoms:



Call your healthcare provider to see if you should get tested. If you do not have a provider, call the Tillamook County Covid-19 help line at (503) 842-3940. Let your provider or the help line know you have been in close contact with a person who tested positive. If you get tested, wait 3-4 days after you were together with the person before taking a test.

Stay home for 14 days following the last date you were around the person who tested positive.

- If you do need to go out, stay at least 6 feet away from others and stay out of crowded places. Make sure you wear a facemask at all times.
- Stay away from people who are at higher risk for getting very sick from Covid-19, such as older people, people with weakened immune systems, people with lung disease, diabetes, or other chronic illnesses.
- Take your temperature twice a day and watch for the symptoms listed below for 14 days.



For everyone: be on the alert for any of the symptoms of Covid-19 in yourself, even if you have not been exposed to the virus to your knowledge.



- Fever or chills
- Cough
- Sore throat
- Shortness of breath or difficulty breathing
- Muscle or body ache
- Headache
- New loss of sense of taste or smell
- Congestion or runny nose

If you develop any of these symptoms, do the following:

- Call your healthcare provider and describe your symptoms, to see if you should get tested or be seen for care. If you have been in close contact with a person who tested positive, let them know that as well. If you do not have a healthcare provider, call the Tillamook County Covid-19 help line at (503) 842-3940 for assistance.



Stay home unless a health professional tells you otherwise. Do not use public transportation, ridesharing, or taxis. Do not go to work or school.

Stay in a specific room in your home, away from other people and pets. If possible, use a separate bathroom. If you need to be around other people or animals in or outside of your home, wear a facemask.

Tell your close contacts that they may have been exposed to Covid-19. If you are infected, you could spread the virus starting 2 days before your symptoms.

- An infected person can spread the virus for up to 14 days, so be sure to follow these practices for 2 weeks after your symptoms first appear.
- Remember, if you are tested and that test is done too early, you may test negative even if you have the virus, because the virus numbers may be too low to detect. Also, all tests have false negatives, which might mislead you into thinking you're not infected when you really are.

If you are ill with Covid-19, look for these emergency warning signs, and seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have Covid-19.



This information is from the Oregon Health Authority and the U.S. Centers for Disease Control and Prevention, and was prepared by the North Tillamook Public Health Information Group (citizenhealthandsafety@gmail.com). 12/18/2020