



Oregon

Kate Brown, Governor

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Greetings,

You are receiving this letter because an adult in custody (AIC) with the Oregon Department of Corrections has requested to reside at your address upon release. This individual is releasing from a correctional facility where COVID-19 is present.

Although known contact with a COVID+ individual has not been documented in this case, the possibility that the releasing AIC was exposed to COVID-19 exists. As a result, your county's Local Public Health Authority (LPHA) will most likely recommend the releasing AIC self-quarantine for a period of 14-days to ensure any present infection does not spread.

What is self-quarantine?

Quarantine means staying away from other people during a time when you may become sick with an infection, even if you have no symptoms. The Oregon Health Authority (OHA) recommends people on self-quarantine follow these guidelines:

- Check temperature twice a day;
- Avoid places where many people gather, including stores, workplaces, and schools;
- Stay off public transportation like planes, trains, and buses; and
- Call your healthcare provider promptly if fever, cough, or trouble breathing develop.

What can you do to remain safe?

- Wash hands often with soap and water
- If available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick
- Clean and disinfect objects and surfaces that you frequently touch

Common COVID-19 symptoms include:

- Cough
- Difficulty breathing
- Fever above 100 degrees

If anyone in your home experiences these symptoms, call your healthcare provider to identify the safest way to receive care. For more information about quarantine and COVID-19 symptoms, visit OHA's website at: <https://govstatus.egov.com/OR-OHA-COVID-19>.

Lastly, encourage the person releasing to your residence to closely follow the guidance provided by OHA and your county's LPHA. By working together, we can prevent the spread of COVID-19 in our homes, communities, and state. **Thanks for your help!**