



The increasing number of positive COVID-19 cases in Tillamook County are creating some concern about exposure and need for self-quarantine. When a positive case of COVID-19 is reported, a Public Health Nurse will contact the individual to do an interview. Anyone who is identified through the interview as a close contact is outreached by a contact tracer. A close contact is defined as someone who spent more than 15 minutes, less than six feet apart from the individual who tested positive for COVID-19.

The contact tracer will notify the individual of their risk, assess them for symptoms of illness, provide education on quarantine, and set up monitoring for the duration of their quarantine period. The quarantine period is 14 days from the last day of exposure. If the identified contact is a child the contact tracer will identify a responsible adult. The responsible adult will need to self-quarantine along with the child.

Individuals who are third party contacts do not need to self-quarantine or alter their daily activities. We encourage everyone at all times to practice good hand hygiene, wear your face covering when in public and around others, and stay home and outreach your provider if you have any signs of illness. Remember, it is also cold and flu season!

If you have questions you can speak to a Public Health Nurse at 503-842-3940. If there is no answer please leave a message and a nurse will return your call.