



COVID-19 FAQs

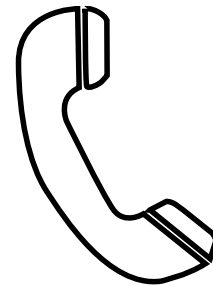
My COVID-19 test result was positive. What now?



Stay home to avoid exposing others to possible illness



Do NOT leave your home except to get medical care



If your symptoms worsen, contact your healthcare provider

You have been diagnosed with COVID and will need to stay home until:



10 Ten days after symptoms appeared **AND**



24 Twenty-four hours after no fever without the use of medication **AND**



Your symptoms have improved

More Details:

The Missoula City-County Health Department is using an application called SARA Alert to support you while in isolation. You will receive an email or text message from 844-957-2721 asking about your symptoms. Please make sure this number does not go to spam.

COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness. You will need to stay home and isolate away from others until:

- 10 days after your symptoms started or 10 days after your test date if you have no symptoms AND
- 24 hours without a fever and not taking any medications to lower fever, such as Tylenol or ibuprofen AND
- Your symptoms have improved.

Note: These recommendations do not apply to people with severe COVID-19 or with weakened immune systems (immunocompromised). Consult with your healthcare provider for their recommendations.

Follow these guidelines to protect others:

- **Create physical distance.** Stay at least 6 feet from others. Stay in a separate room, if possible. Sleep head-to-toe if you share a bed or have someone sleep on the couch. Move seating and other furniture around to maintain physical distance. Avoid contact with other people as much as possible. Do not go to work, class, the grocery store, church, or into the community. Do not have visitors come to your home.
- **Cover up.** Wear a face covering at all times, unless you are alone in a separate room. Other household members should also wear a face covering when they are in the same room as you.
- **Keep it clean.** Use household disinfectants to regularly clean high-touch surfaces, including counters, doorknobs, bathroom fixtures, toilets, phones, remote controls, keyboards, tablets and bedside tables. Don't share personal household items such as cups, towels, and utensils. Use a separate bathroom (if available).
- **Take care of yourself.** Monitor your symptoms daily and report them via Sara Alert. Look for emergency warning signs for COVID-19. If showing any of these signs, seek emergency medical care immediately by calling 9-1-1 and let the dispatcher know that the patient is COVID-19 positive:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone