

QUARANTINE INSTRUCTIONS



The Missoula City-County Health Department is using an application called SARA-Alert to support you while in quarantine. 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.



Stay home to avoid exposing others to the virus.



Avoid contact with others.



Report any symptoms if they develop.

Close contacts who are fully vaccinated DO NOT have to quarantine if they meet the following criteria:

- At least two (2) weeks since their final dose of COVID-19 vaccine.
- **AND** they do not have COVID-19 symptoms since their exposure to the positive case.
- The CDC recommends fully vaccinated people get tested 5-7 days after a known exposure, and to wear a mask in public indoor settings for 14 days or until a negative test result.

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.** If you have a medical appointment, call ahead, and tell the provider that you are a close contact to a COVID-19 positive individual. The provider may ask you to reschedule your appointment. Monitor your symptoms daily and report them via Sara Alert. If you begin experiencing symptoms, you should seek diagnostic testing and must isolate until your results are known.

Continued on page 2>

QUARANTINE TIMELINES



Testing Out of Quarantine Early:

Missoula City-County Health Department **recommends** that all individuals quarantine for a full 14 days, as it's the best option to prevent the spread of the COVID-19 virus. However, Missoula City-County Health Department has updated its guidance to allow persons to be released from quarantine before their full 14 days, if certain criteria are met.

Missoula City County Health Department recommends that close contacts quarantine as follows:

14

- **14 days from your last exposure (returning to normal activities on day 15) if:**
 - You are an employee or resident of a congregate setting: long term care facility, assisted living facility, group home, or detention facility.
 - You have symptoms and do not test, OR you have Covid-like symptoms and test negative.
 - You must continue to monitor for symptoms through day 14 and follow strict mask usage, physical distancing, and all other hygiene measures.

10

- **10 days from your last exposure (returning to normal activities on day 11) if:**
 - You do not have symptoms since your last exposure.
 - You do not wish to get tested.
 - You must continue to monitor for symptoms through day 14 and follow strict mask usage, physical distancing, and all other hygiene measures.

7

- **7 days from your last exposure (returning to normal activities on day 8) if:**
 - You do not have symptoms since your last exposure.
 - You receive a negative COVID-19 test result, collected no sooner than day 5 of your quarantine.
 - You must continue to monitor for symptoms through day 14 and follow strict mask usage, physical distancing, and all other hygiene measures.

0

- **0 days from your last exposure if:**
 - If you are two (2) weeks past your final COVID-19 vaccine dose and have no symptoms, you DO NOT need to quarantine!
 - You must continue to monitor for symptoms through day 14 and follow strict mask usage, physical distancing, and all other hygiene measures.
 - Missoula City-County Health Department recommends fully vaccinated people be tested 5-7 days after a known exposure.