ISOLATION GUIDANCE <u>REGARDLESS</u> OF VACCINATION STATUS
<u>If you **test positive** for COVID-19 **YOU MUST**:</u>

1 Stay home for **5 days** and contact your medical provider for treatment options.

Do not visit public spaces except to get tested or if you are seeking healthcare. Avoiding crowded areas and maintaining distance from others are strategies that people may want to consider in order to reduce their risk. Wear a well-fitting, multi-layered mask around others in your home.

2 **On day 6**, if you either <u>HAD NO SYMPTOMS</u> or you test negative for COVID-19, you can end your isolation.

3 **On day 6**, if you <u>HAD SYMPTOMS of COVID-19</u>, you can end your isolation if:

(!) You are fever free for 24 hours without the use of fever-reducing medication.

(!) Your symptoms are improving.

4 If you have moderate or severe illness, or are immunocompromised, isolate through day 10.

After you have ended isolation, if your COVID-19 symptoms recur or worsen, restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.

What about masking?

After you have ended isolation, when you are feeling better (no fever without the use of fever-reducing medications and symptoms improving): **Wear your mask through day 10.**

QUARANTINE GUIDANCE REGARDLESS OF VACCINATION STATUS
If you are a **close contact** to a known COVID-19 case:

1 You should wear a high-quality mask for **10 days and get tested for the virus on day 5.**

2 If you develop symptoms, take a COVID-19 test and stay home. Refer to isolation guidelines for instructions.

3 Test for COVID-19 6 days after close contact, even if you do not have symptoms. If you test negative, continue masking for a total of 10 days. If you test positive, isolate immediately, even if you have no symptoms.

Isolation and quarantine guidance are subject to change based on CDC guidance. For the most up-to-date information on isolation and quarantine, please visit the CDC page at https://bit.ly/3SXEDiK

Positive result from an at-home COVID-19 test kit?

1 You are **REQUIRED** to isolate if you have a positive test. See the isolation guidance for more information.

2 Go to https://tinyurl.com/COVID-HomeTest-SelfReport report the positive result, or call our COVID-19 Hotline at 833-829-9219 (Hotline available Monday through Friday from 8 a.m. to 5 p.m). Or, scan this QR code with your smartphone camera to report your positive test result.

Please note that this CDC guidance should be considered in conjunction with the requirements of Montana House Bill 702, as any application of the guidance or recommendations must comply with state law