



Ravalli County Public Health

Prevent. Promote. Protect.

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COVID-19 Isolation Instructions

Isolation is used to separate people infected with SARS-CoV-2, the virus that causes COVID-19, from people who are not infected. Please use these instructions to best protect yourself, your family and friends.

You have been diagnosed with COVID-19. Ravalli County public health request that you go to our website @ <https://ravalli.us/631/Corona-Virus-COVID-19> and fill out the COVID-19 Intake PDF and submit to rcpublichealth@rc.mt.gov to receive a letter of Isolation.

Instructions for isolation are as followed:

- **Stay home** except to get medical care
- **Tell your close contact** that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. Close contact instructions can be found @ <https://ravalli.us/631/Corona-Virus-COVID-19>
- **Monitor your symptoms.** If you have an [emergency warning sign](#) (*trouble breathing, bluish lips or face, new confusion, inability to wake*), seek emergency medical care immediately
- **Stay in a separate room** from other household members, if possible
- Use a separate bathroom, if possible
- Avoid contact with other members of the household and pets
- **Don't share personal household items**, like cups, towels, and utensils
- **Wear a mask** when around other people, if you are able to
- **Clean and disinfect** high-touch surfaces (*phone, remote control, counters, doorknobs, toilets*) in your "sick room" and bathroom; wear disposable gloves. Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.

If at any point you need emergency medical treatment- please don't hesitate to present to the ER or the Urgent care at Marcus Daly. Just be sure to call ahead to let them know you are positive case. If at any point you need emergency services- please let 911 know you are a positive COVID case so the appropriate precautions can be taken.