



Ravalli County Public Health

Prevent. Promote. Protect.

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COVID-19 Close Contact Instructions

You have been identified as a close contact or you suspect you have had an exposure to a positive case of COVID-19 (Coronavirus) and have not received a call from public health, please use these instructions to best protect yourself, your family and friends.

1. Remain at home for 14 days following your last contact with the infected person EVEN IF YOU TESTED NEGATIVE.

- a. Restrict all activities outside of your home. Do not go to work, school, or public areas, and do not use public transportation. It is okay to go outside in your own yard.
- b. If you live with others, practice social distancing strategies and if at all possible use a separate bedroom and bathroom. COVID-19 is most often spread person-to-person through respiratory droplets. These droplets are produced when a person speaks, coughs or sneezes, and the droplets may land in the mouths or noses of people nearby. Therefore, it is important to stay away from others to prevent the further spread of disease. **If you must be in the same area as others in your home, wear a face mask.**
- c. Do not prepare food. Eat separately and clean and disinfect dishes and glassware. Use a dishwasher if you have one.
- d. Clean all “high touch” commonly used surfaces daily with soap & water.

2. If you develop symptoms and have a known exposure to a positive.

- a. Should you develop symptoms during quarantine, self-isolate from the rest of your household. Only seek medical attention if it becomes necessary. If you need medical attention that can be given over the phone, call your provider. Example: Prescriptions that can be called in such as inhalers or cough medicines.
- b. If you develop symptoms, do not assume it may be COVID-19. A test is required. Without a test you will need to self-isolate 14 days from your last known exposure. If you seek testing and are positive follow the “Isolation Instructions” found @ <https://ravalli.us/631/Corona-Virus-COVID-19>

3. Widespread infection may make it difficult to speak with a Public Health Nurse

- a. Please be aware that the volume of active infection is high. Our first priority is to those positive cases and their families and any identified high risk groups.
- b. If you have not had direct contact with a positive, but contact to someone who has, you are considered a contact of a contact and do not need to quarantine.

4. For additional COVID-19 questions:

- a. You can call public health at **375-6672** or email: rcpublichealth@rc.mt.gov
- b. You can also contact your local provider
- c. CDC Website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- d. Montana Dept of Health and Human services
<https://dphhs.mt.gov/publichealth/cdepi/diseases/coronavirusmt>

Additional Precautions:

- **Wear a facemask & cover your coughs and sneezes**
- **Keep your cohort circle small**
- **Stay home if your sick**
- **Wash your hands with soap & water**