



# Ravalli County Public Health

Prevent. Promote. Protect.

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## COVID-19 Exposure Recommendations

To: Name  
Address

Ravalli County Public Health recommends the following guidelines for known exposure. Exposure is defined as: within 6 feet for more than 15 minutes. Per the CDC guidelines you should quarantine. Quarantine dates can be calculated using the guidelines below. Please begin with the last date of exposure to the infected person. Quarantine is designed to interrupt the flow of transmission by keeping an exposed person away from others while they are in the 14 day incubation period.

While CDC continues to endorse 14 day quarantine period for the unvaccinated, they have given options for a reduced at home quarantine to lessen the burden and or stress of missing school and or work. Allowable reduced quarantine are as follows:

- **10 day at home quarantine. Does not require testing.**
  - At home quarantine for the first 10 days with remaining 4 days; adherence to consistent and correct masking, physical distancing including avoiding crowded areas and hand hygiene should be followed. Monitor for symptoms. You should stay home if you develop symptoms and seek care.
- **7 day at home quarantine with required PCR Negative result**
  - At home quarantine for the first 7 days. PCR testing obtained on or after day 5 with negative result on day 7. Provided you remain free of symptoms, remaining 7 days; adherence to consistent and correct masking, physical distancing including avoiding crowded areas and hand hygiene should be followed. Monitor for symptoms. You should stay home if you develop symptoms and seek care.

### **Please remain at home while in quarantine.**

- Limit movement outside of your home. If there is potential of being approached while outside, **wear a mask.**
- Please monitor for symptoms for the entire 14 days.
- Please do not go to work, school, or public areas, and do not use public transportation while in the **“at home”** quarantine period.
- If you live with others, practice social distancing strategies and if at all possible use a separate bedroom and bathroom.

**Vaccinated individuals do not need to quarantine. Those that are vaccinated are less likely to become infected. However, the risk is not zero. CDC recommends wearing a mask and adhering to the recommended guidance when in the public setting. Stay home if symptoms develop.**

Thank you in advance for your cooperation,  
Carol Calderwood, MD