



Ravalli County Public Health

Prevent. Promote. Protect.

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COVID-19 Isolation Letter

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.

If you have been diagnosed with COVID-19, you can expect to receive a call from Ravalli County Public Health in an attempt to gather useful information to help us better understand this virus. Information can also be given by visiting our website @ <https://ravalli.us/207/Public-Health> and filling out the COVID-19 Intake PDF and submitting to rcpublichealth@rc.mt.gov.

The following isolation guidance was updated on 12.27.21:

- **Stay home**
- **Tell your close contacts** 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. Updated COVID-19 Exposure Recommendations 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 and use a separate bathroom** from other household members, if possible
- **Don't share personal household items**, like cups, towels, and utensils
- Avoid/ Limit contact with household members and pets, **wearing a mask** can reduce the risk of transmission to them if you must communicate or share common space with family.
- **Clean and disinfect** high-touch surfaces (*phone, remote control, counters, doorknobs, toilets*) in your "sick room" and bathroom; wear disposable gloves.
- **Average recovery time is about 10 days from when symptoms began. Please see below for the update shortened guidance.**
 - Stay home for 5 days. The count begins the date symptoms began.
 - If you had no symptoms, count begins on the date of testing.
 - After 5 days, if you have no symptoms, or your symptoms are resolving, you can leave your home. **(If you have a fever, please continue to stay home until fever resolves)**
 - Continue to wear a mask around others for 5 additional days. (this is day 6-10 of the original 10 day isolation recommendation)
- If you require "release of isolation" letter for work/school, requests can be made by emailing Public Health: release@rc.mt.gov
 - Please indicate Name, Date of Birth, Test date, Contact Number and questions you may have for the Public Health Nurse.