

QUARANTINE INSTRUCTIONS



The Missoula City-County Health Department is using an application called SARA-Alert to support you while in quarantine. You will receive an email or text message from 844-957-2721 asking about your symptoms. Please make sure this number does not go to spam.



Stay home to avoid exposing others to the virus.



Avoid contact with others.



Masks should be worn whenever around other individuals.



If you develop symptoms, get a test.

Adults who have been boosted or are not yet eligible for their booster and fully-vaccinated 5 to 17-year-olds DO NOT have to quarantine if they meet the following criteria:

At least two (2) weeks since their final dose of COVID-19 vaccine or booster.

AND they do not have COVID-19 symptoms since their exposure to the positive case.

The CDC recommends fully vaccinated people get tested 5-7 days after a known exposure, and to wear a mask in public indoor settings for 10 days.

Individuals who have had COVID-19 in the past 90 days do not need to quarantine regardless of vaccination status.

Follow these guidelines to protect others:

- **Create physical distance.** Stay at least 6 feet from others. Stay in a separate room, if possible. Sleep head-to-toe if you share a bed or have someone sleep on the couch. Move seating and other furniture around to maintain physical distance. Avoid contact with other people as much as possible. Do not go to work, class, the grocery store, church, or into the community. Do not have visitors come to your home. .
- **Cover up.** Wear a face covering at all times, unless you are alone in a separate room. Other household members should also wear a face covering when they are in the same room as you. A KN95 or N95 mask is highly recommended.
- **Keep it clean.** Use household disinfectants to regularly clean high-touch surfaces, including counters, doorknobs, bathroom fixtures, toilets, phones, remote controls, keyboards, tablets and bedside tables. Don't share personal household items such as cups, towels, and utensils. Use a separate bathroom (if available).
- **Take care of yourself.** If you have a medical appointment, call ahead, and tell the provider that you are a close contact to a COVID-19 positive individual. The provider may ask you to reschedule your appointment. Monitor your symptoms daily and report them via Sara Alert. If you begin experiencing symptoms, you should seek diagnostic testing and must isolate until your results are known.

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QUARANTINE TIMELINES



Missoula City County Health Department recommends that close contacts quarantine as follows:

10

- **10 days from your last exposure (returning to normal activities on day 11 if:**
 - · You have COVID-19 like symptoms and do not test.
 - · You are an employee or resident of a congregate setting such as a long-term care facility, assisted living facility, group home, or detention facility.
 - · You must continue to monitor for symptoms and follow strict mask usage, physical distancing, and all other hygiene measures through day 10.

5

- **5 days from your last exposure (returning to normal activities on day 6) if:**
 - · You are unvaccinated and have not had symptoms since your last exposure.
 - · You are eligible for a booster shot but have not received it and have not had symptoms since your last exposure.
 - · You receive a negative COVID-19 test result, collected no sooner than day 5 of your quarantine.
 - · You must continue to monitor for symptoms and follow strict mask usage, physical distancing, and all other hygiene measures through day 10.
 - · If you develop symptoms, get a test and stay home until you have received your results.

0

- **0 days from your last exposure-** Adults who have been boosted or are not yet eligible for their booster and fully-vaccinated 5 to 17-year-olds DO NOT have to quarantine if they meet the following criteria:
 - · You are more than two (2) weeks past your COVID-19 vaccine booster dose and have no symptoms.
 - · You are more than two (2) weeks past your final COVID-19 vaccine dose (not yet eligible for a booster) and have no symptoms.
 - · You have had COVID-19 in the past 90 days.
 - · You must continue to monitor for symptoms and follow strict mask usage, physical distancing, and all other hygiene measures through day 10.
 - · If you develop symptoms, get a test and stay home until you have received your results.