

Here is what to do when you test positive for COVID:



Stay home and isolate away from others in your home.



Wear a well-fitting masks whenever around others.



Do NOT leave your home except to get medical care.



If your symptoms worsen, contact your healthcare provider.

The Missoula City-County Health Department is using texting to gather information about your unique situation and to send isolation and release letters. You will receive a text from 406-308-1916 with a survey link. Please make sure this number does not go to spam.

How long do I need to isolate myself at home?

If you had symptoms:

End isolation after 5 full days if you have not had a fever for 24 hours and your symptoms are improving. Continue to wear a well-fitting mask around others at home and in public for 5 additional days (day 6 through day 10).

If you did NOT have symptoms:

End isolation 5 full days after your positive test. Continue to wear a well-fitting mask around others at home and in public for 5 additional days (day 6 through day 10).

If you were severely ill with COVID-19 or are immune-compromised:

End isolation after 10 full days and up to 20 days if you were hospitalized or have a weakened immune system. Consult with your healthcare provider about when you can resume being around other people.

To calculate your 5-day isolation period, day 0 is your first day of symptoms. If you did not have symptoms, day 0 is your test date.

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, the gym, church, or into the community. Do not have visitors come to your home.
- **Cover up.** Wear a well-fitting mask at all times, unless you are alone in a separate room. Other household members should also wear a well-fitting mask when they are in the same room as you.
- **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.** Monitor your symptoms daily. Look for emergency warning signs for COVID-19. If showing any of these signs, seek emergency medical care immediately by calling 9-1-1 and let the dispatcher know that the patient is COVID-19 positive:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone



For general questions about COVID-19, please call 406-258-4636.

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