

Date: \_\_\_\_\_

Dear \_\_\_\_\_,

You are receiving this important message from RiverStone Health because you recently tested positive for COVID-19. You are required to isolate at home for at least 10 days. The 10-day isolation period began the first day you had symptoms. You can discontinue isolation after 10 days if it has been at least 24 hours since you have had a fever without using fever-reducing medication AND other COVID-19 symptoms have significantly improved. While you are isolated, you should stay home and have no, or very limited, contact with household members. When contact cannot be avoided, everyone in your household should wear a mask.

In addition to isolating, RiverStone Health asks you to notify your close contacts and ask them to quarantine by staying home. A close contact is anyone, including household members, co-workers and others, which you have been within 6 feet of, for more than 15 minutes in 24 hours, starting 2 days before you had COVID-19 symptoms. The quarantine period for your close contacts begins on the last day you were near that person.

Close contacts who are fully vaccinated do not have to quarantine if they meet all of these conditions:

- They are fully vaccinated and at least 2 weeks since the final vaccine dose
- AND do not have COVID-19 symptoms since their exposure to a person who tested positive for COVID-19.

Fully vaccinated people should still watch for symptoms of COVID-19 for 14 days following an exposure. If the fully vaccinated close contact is your caregiver or a household member, the close contact should still follow all of the precautions outlined for household members including: staying in a separate room and using a separate bathroom if possible, mask wearing, maintaining physical distancing, and following disinfecting and proper hygiene guidelines. You can find “Detailed Instructions if You Live with Someone Who Has Tested Positive for COVID-19” along with other guidance for close contacts at [covid.riverstonehealth.org](https://covid.riverstonehealth.org)

The above quarantine guidance for vaccinated people does not apply to long-term care facilities, but it does apply to healthcare workers outside of long-term care facilities.

Quarantine means staying home, staying away from others and watching for COVID-19 symptoms. Ideally, all of your close contacts will quarantine themselves for a full 14 days and monitor themselves for symptoms. While quarantining for 14 days is the best option, the Centers for Disease Control and Prevention (CDC) offers two options for close contacts to shorten the length of quarantine if they have no symptoms.

- **If they have no symptoms**, they can end their quarantine after 10 days without any further testing. They must continue to self-monitor for COVID-19 symptoms through Day 14, and follow correct and strict mask usage, social distancing and all other hygiene measures.
- **If they have no symptoms**, they can end their quarantine after Day 7, if they have a negative PCR test on Day 5 or later; or if they have a negative antigen test on Day 7. They must continue to self-monitor for COVID-19 symptoms through Day 14, and follow correct and strict mask usage, social distancing and all other hygiene measures. **Be aware, the availability of local testing is limited.**
- They cannot end their quarantine earlier than Day 7, even if they have no symptoms.

Please forward your close contacts the handout called “**Fact Sheet: You are a Close Contact**” which is also available on the website [covid.riverstonehealth.org](https://covid.riverstonehealth.org)

If your symptoms worsen and you need to go to the hospital for a medical emergency, please call ahead to let the emergency department know you have been diagnosed with COVID-19.

St. Vincent Healthcare – 406.657.7000  
Billings Clinic – 406.657.4000

A RiverStone Health Public Health Case Investigator will contact you to ask questions that will help determine where you may have become infected and who else may be exposed to COVID-19. The case investigator will help you determine when you can be released from isolation.

If you have any questions, please call the RiverStone Health Public Information Line at 406.651.6415 or email [Internal.Info.COVID-19@RiverStoneHealth.org](mailto:Internal.Info.COVID-19@RiverStoneHealth.org)

Thank you for your cooperation.