

Date _____

Dear _____

This is an important message from RiverStone Health and the only letter you will receive from Public Health regarding your recent COVID-19 diagnosis.

In following guidance from the Centers for Disease Control and Prevention (CDC), please stay home and isolate yourself from others to prevent the spread of COVID-19. Please isolate yourself for a minimum of ten (10) days after the onset of symptoms. You may discontinue isolation after the following conditions have been met:

- At least 24 hours have passed since you have had a fever without the use of fever-reducing medication; **AND**
- Other symptoms have significantly improved; **AND**
- Eleven (11) days have passed since you first had symptoms.

If you tested positive for COVID-19, have not had any symptoms, and do not develop any symptoms during isolation, isolation can end 11 days after the day you tested positive for the virus.

During isolation, contact with household members should be limited as much as possible. If you develop symptoms such as difficulty breathing, severe dehydration or similar serious health concerns, **immediately contact your primary care provider or call 9-1-1.** COVID-19 can be life threatening if serious symptoms are not treated quickly.

Please notify all of your close contacts – those people you have been within six feet of for more than 15 minutes over a 24-hour period beginning two days before your onset of symptoms, regardless of whether the person was wearing a mask – that you have tested positive for COVID-19. You will also need to tell them, that per CDC guidance, they are to quarantine at home and monitor themselves for symptoms if they are not fully vaccinated. Close contacts are likely to be household members, co-workers, students, friends and others. The quarantine period for your close contacts begins on the last day you were near that person.

According to CDC guidance, fully vaccinated close contacts do not have to quarantine if they meet the following conditions:

- If it has been at least two weeks since their final COVID-19 vaccination (1 dose of J&J vaccine or two doses of either the Moderna or Pfizer vaccine) **AND**
- They have not developed COVID-19 symptoms since they were exposed to the person who tested positive for COVID-19.

Fully vaccinated close contacts 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, this person should 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

Quarantine guidance for people vaccinated against COVID-19 does not apply to those working in long-term care facilities, but does apply to all other healthcare workers.

Quarantine means staying home, staying away from others and watching for COVID-19 symptoms. Ideally, all of your unvaccinated 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 CDC provides two options for close contacts to shorten the length of quarantine if they have or develop symptoms.

- **If an unvaccinated close contact has no symptoms**, they can end quarantine after ten (10) days without further testing. They must continue to self-monitor for COVID-19 symptoms through Day 14, follow correct and consistent mask usage, social distancing and all other hygiene measures.
- **Alternatively, if an unvaccinated close contact has no symptoms**, they can end quarantine after Day seven (7) if they have a negative-result PCR test on Day five (5) or later; or if they have a negative antigen test on Day seven (7). Close contacts must continue to self-monitor for COVID-19 symptoms through Day 14, follow correct and consistent mask usage, social distancing and all other hygiene measures.
- **Unvaccinated close contacts cannot end quarantine earlier than Day seven (7), even if they have no symptoms.**

Close contacts should check with employers and/or schools for individual policies related to returning to work or school after quarantine.

Instructions on how to isolate and monitor symptoms, as well as other useful information is available on the RiverStone Health website <https://covid.riverstonehealth.org/>.

Note: If necessary, please share this letter with your employer to determine the beginning and end of your exclusion and return to work period. Additionally, this letter serves as a release that you may need to return to work, school or other activities after testing positive for COVID-19. You will not receive additional paperwork.

If you need to go to the hospital for a medical emergency, please remember to wear your mask and let the emergency department know you have been diagnosed with COVID-19 when you check in.

St. Vincent Healthcare – 406.657.7000
Billings Clinic – 406.238.2500

If you have any questions, would like assistance with case investigation and/or identification of close contacts, please call the RiverStone Health Public Information Line at **406.651.6415 and press option three (3)**. This extension has been reserved for individuals receiving isolation and quarantine information. Please leave your name and phone number when you call or email Internal.Info.COVID-19@riverstonehealth.org

We sincerely appreciate your cooperation and wish you a quick return to health.