

Date \_\_\_\_\_

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

This is an important message from RiverStone Public Health about 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** for a minimum of ten (10) days after the onset of symptoms. You may discontinue isolation after **all** 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**. COVID-19 can be life threatening if serious symptoms are not treated quickly. If you need to go to the hospital for a medical emergency, please remember to wear a mask and let the emergency department know you have been diagnosed with COVID-19.

In addition to isolating, we ask that you please notify all of your close contacts – those people you have been within six feet of for more than 15 minutes beginning two days before your onset of symptoms – that you have tested positive for COVID-19 and that they will need to quarantine at home and monitor themselves for symptoms. **Quarantine** means staying home, staying away from others and watching for COVID-19 symptoms. Close contacts who you are asking to quarantine are likely 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.

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

- Fully vaccinated, meaning it has been at least 2 weeks since receiving a final COVID-19 vaccine dose, **AND**
- Do not have COVID-19 symptoms since they were in close contact with the person who tested positive for COVID-19.

Fully vaccinated people should get tested 3-5 days after their exposure, even they don't have symptoms. They should also wear a mask in indoor public spaces for 14 days following exposure or until their test result is negative.

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 distance, 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.

For close contacts who are not fully vaccinated, the CDC continues to recommend a 14-day quarantine but has allowed for the following options to shorten quarantine duration:

- Quarantine for 14 days without testing. This option maximally reduces risk of transmission.
- If close contacts have NO SYMPTOMS, quarantine can end after 10 days without further testing. They should continue to self-monitor for COVID-19 symptoms through Day 14, and follow correct and consistent mask usage, social distancing and all other hygiene measures.
- If close contacts have NO SYMPTOMS, quarantine can end after Day 7, if they test negative on Day 5 or later with a PCR test, or test negative with an antigen (rapid) test on Day 7. They should continue to self-monitor for COVID-19 symptoms through Day 14, and follow correct and consistent mask usage, social distancing and all other hygiene measures.
- Close contacts CANNOT end quarantine earlier than Day 7, even if you have no symptoms.

Please instruct your close contacts to check with their employer and/or school to determine policies for return to work after quarantine.

**Please save this letter in case you need to provide the information to your employer or school about your positive COVID-19 test result and need to isolate. No additional documentation will be provided.**

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

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

We sincerely appreciate your cooperation with these temporary restrictions.

**RiverStone Health**

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