

Date \_\_\_\_\_

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

This is an important message from RiverStone Health Public Health. You have been identified as a close contact of someone who has been diagnosed with COVID-19. If you are not fully vaccinated, your recent exposure on **INSERT DATE** means that you need to quarantine at home. This means, do not go into the community for work, school, grocery shopping or other errands while in quarantine. The only reason you should leave your place of quarantine is to get needed healthcare services.

The Centers for Disease Control and Prevention (CDC) continues to recommend a 14-day quarantine but has allowed for options to shorten quarantine duration as outlined below.

**Quarantine Guidance Summary:**

1. You can continue to quarantine for 14 days without testing per existing recommendations. This option maximally reduces risk of transmission.
2. **If you have NO SYMPTOMS**, quarantine can end after 10 days without further testing. 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.
3. **If you have NO SYMPTOMS**, quarantine can end after Day 7, if you test negative on Day 5 or later with a PCR test, or test negative with an antigen (rapid) test on Day 7. 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.
4. **You CANNOT end your quarantine earlier than Day 7, even if you have no symptoms.**

For help determining the final day your quarantine, you can use the Isolation/Quarantine Date Release Calculator on our website: [covid.riverstonehealth.org/#copingwithcovid](https://covid.riverstonehealth.org/#copingwithcovid).

**Please note:** check with your employer about its return to work with quarantine reduction policy.

If quarantine is ended sooner than 14 days, you must continue to self-monitor for COVID-19 symptoms through Day 14, and adhere to all recommended interventions, including: **correct and consistent mask use**; social distancing; hand and cough hygiene; environmental cleaning and disinfection; avoiding crowds; and ensuring adequate indoor ventilation. If COVID-19 symptoms develop, immediately self-isolate and contact your healthcare provider to report your symptoms and be assessed for COVID-19 testing.

**Quarantine Guidance Summary if you are fully vaccinated:**

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 their final vaccine dose;
- **AND**, do not have COVID-19 symptoms since they were exposed to a person who tested positive for COVID-19.

Fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms. They should wear a mask indoors in public 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 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://www.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.

We want you to know how to take care of yourself and to avoid the possibility spreading the virus to others. Monitor yourself daily for symptoms of COVID-19. Common symptoms include fever of 100.0 degrees or higher, cough, shortness of breath, chills, muscle aches, fatigue, headache, sore throat, new loss of taste or smell, vomiting or diarrhea. If you develop any of these symptoms, please immediately contact your healthcare provider.

**Please save this letter in case you need to provide the information to your employer or school about your status as a close contact and the need to quarantine. No additional documentation will be provided.**

We sincerely appreciate your cooperation with these temporary restrictions. For additional resources and information, please go [covid.riverstonehealth.org](https://www.covid.riverstonehealth.org) or call 406.651.6415.

**RiverStone Health**