

Date \_\_\_\_\_

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

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

**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. Everyone who tests positive for COVID-19, regardless of vaccination status, must isolate. Isolation means:**

- Staying home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continuing to wear a well-fitting mask around others for 5 additional days.

**If you have a fever, continue to stay home until your fever resolves without use of fever reducing medication.**

During isolation, limit contact with household members 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 well-fitting mask and let the emergency department know you have been diagnosed with COVID-19.

**St. Vincent Healthcare – 406.657.7000**  
**Billings Clinic – 406.238.2500**

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

In addition to isolating, 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 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.

Your close contacts quarantine timeframe varies by risk and is outlined below. Please share the following information with your close contacts.

If the close contact has received a booster vaccination after completing the two-dose series of Pfizer or Moderna vaccine within the last 5 months, OR had a single dose of the J&J vaccine within the last 2 months and has received a booster vaccination, the following applies:

- Wear a well-fitting mask around others for 10 days.
- Get a COVID-19 test on day 5.

**If symptoms develop, get tested and stay home. If the test is negative, resume the original quarantine timeline.**

If your close contact completed the two-dose series of Pfizer or Moderna vaccine more than 5 months ago and has not gotten a booster, OR had a single dose of the J&J vaccine more than 2 months ago and has not been boosted, OR is unvaccinated, the following quarantine guidance applies:

- Stay home for 5 days. After that continue to wear a well-fitted mask around others for 5 additional days.
- Get a COVID-19 test on day 5.

**If symptoms develop, get tested and stay home. If the test is negative, resume the original quarantine timeline.**

If your 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. Look for more close contact guidance at [covid.riverstonehealth.org](https://covid.riverstonehealth.org).

Instructions on how to isolate and monitor symptoms, as well as other useful information is available on the RiverStone Health website at [covid.riverstonehealth.org](https://covid.riverstonehealth.org).

Please instruct your close contacts to check with their employer and/or school to determine policies for return to work after quarantine. Additional information can be found at [covid.riverstonehealth.org](https://covid.riverstonehealth.org).

**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.**

If you have any questions, would like assistance with case investigation and/or identification of close contacts, please call the RiverStone Health COVID-19 Information Line at **406.651.6415** and press option four (4). This extension has been reserved for individuals receiving isolation and quarantine information. Please leave your name and phone number when you call. If you prefer, you can email us at **Internal.Info.COVID-19@rivestonehealth.org**

We sincerely appreciate your cooperation with these temporary restrictions and wish you a quick return to health.

**RiverStone Health**