

Date _____

Dear _____,

This is an important letter from RiverStone Health Public Health. You have been identified as a close contact of someone who has been diagnosed with COVID-19.

The Centers for Disease Control and Prevention (CDC) recently updated close contact quarantine guidance based on risk. Please follow the guidance that meets your circumstances.

If you are unvaccinated or it's been more than five months since your second Pfizer or Moderna vaccine dose (or more than 2 months after the J&J vaccine) and are not yet boosted, the CDC recommends:

- Quarantining for 5 days followed by strict mask use for an additional 5 days. Quarantining means that you do not go into the community for work, school, grocery shopping or other errands. The only reason you should leave your place of quarantine is to get needed healthcare services.
- Getting a COVID-19 test on day 5 after exposure.

If you develop symptoms, you need to get tested for COVID-19. If the test is negative, resume the original quarantine timeline.

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

If you have 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 have received a booster vaccination, the CDC recommends:

- Wearing a well-fitting mask around others for 10 days.
- Getting a COVID-19 test on day 5 after exposure.

If you develop symptoms, you need to get tested for COVID-19. If the test is negative, resume the original quarantine timeline.

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

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 or call 406.651.6415.

RiverStone Health