

# Fact Sheet: Quarantine Instructions for Close Contacts



- If you were within 6 feet of someone who tested positive for COVID-19 for 15 minutes in a 24-hour period
- AND you had close contact when the person had symptoms or had tested positive, or 2 days before then.

**Quarantine means staying home and away from others. Your quarantine starts after your last close contact with the person who tested positive for COVID-19.**

...→ **Recommendations for quarantine are based on vaccination status.**

**Have you had all recommended COVID-19 vaccinations, including a booster dose (if eligible)?**  
**OR**  
**Have you tested positive for COVID-19 in the last 90 days?**



**YES**

If you have no symptoms, wear a **well-fitting mask** around others for **10 days** and get **tested** for COVID-19 **5 days** after exposure.  
**If you develop symptoms, get a COVID-19 test and stay home.**

OR

**NO**



- If you have no symptoms and do not develop symptoms, **quarantine** can end **5 days** after the last day you were in close contact with the person who tested positive for COVID-19.
- Get **tested** for COVID-19 **5 days** after contact.
- You should wear a **well-fitting mask** around others for an **additional 5 days**.
- If unable to quarantine, wear a well-fitting mask when around others in and out of the home for **10 days**.
- Those who are unable to wear a mask should quarantine for a full **10 days**.

- If you have symptoms, contact your healthcare provider and get tested for COVID-19. **Isolate** until your test results come back.
- If test results are positive for COVID-19, follow guidelines for isolation.
- If test results are negative, you can end quarantine but continue to use a well-fitting mask around others for **10 days** after contact.

**Symptoms include:** Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose including mild, allergy-like symptoms, nausea, vomiting or diarrhea.

**If you have symptoms, please call your healthcare provider and get tested.**

## Protecting Yourself & Others

### Stay home except to get medical care

- Do not go to work, school, run errands or go to other public places.
- Do not use public transportation, ride-sharing or taxis.

### Watch for symptoms

- Record your temperature twice a day with date & time.
- Symptoms include new cough, new shortness of breath, fever over 100-degrees, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting or diarrhea.
- Call ahead to your healthcare provider if you develop symptoms, alert your provider that you are in quarantine & ask about getting tested for COVID-19.
- Call 911 in an emergency and let the dispatcher know you are in quarantine.

### Separate yourself from other people & pets in your home

- Stay in a room away from others & use a separate bathroom, if possible.
- Maintain at least 6 feet physical distance & wear a well-fitting face mask when you are around others.
- Do not share food, drinks, dishes, towels, bedding or other household items with other people or pets.

### Clean & sanitize

- Cover coughs and sneezes. After using tissues, throw them in a lined trash can & wash hands.
- Wash your hands often with soap and water, or alcohol-based hand sanitizer.
- Avoid touching your face with unwashed hands.
- Clean & disinfect high-touch surfaces. Wear disposable gloves while handling laundry. Dry clothes at the warmest appropriate temperature. Use a dishwasher, if possible.

- Visit [covid.RiverStoneHealth.org](https://covid.RiverStoneHealth.org) to find out more about close contacts & community testing. Or call the RiverStone Health Public Information Line at 406.651.6415. Messages are returned weekdays from 8 a.m. to 5 p.m.