



Ravalli County Public Health

Prevent. Promote. Protect.

205 Bedford St Suite L, Hamilton, MT 59840-2853

Phone: (406) 375-6671 Fax: (406) 363-7540



QUARANTINE AND ISOLATION GUIDELINES

- 1) **Person with symptoms and a direct contact to a positive**
 - Quarantine at home away from other household members.
 - Contact Public Health on next regular business day
 - Public health will determine exposure and quarantine dates
 - Public health will schedule testing
 - If tests is **Negative**, patient will continue quarantine for 14 days from last known contact with the positive. Household is not required to quarantine.

- 2) **Person has direct contact and Positive PCR test:**
 - **Has symptoms:** Isolate at home away from other household members for at least 10 days from onset of symptoms. .
 - **No symptoms:** Isolate at home away from other household members starting from the date of the test through 10 days.
 - Please note public health will contact you to help determine when you are no longer infectious and can release from isolation.
 - All household members are required to quarantine from date of last exposure. If re-exposure happens the quarantine, date extends.

- 3) **Person with symptoms but no known direct contact:**
 - Self-quarantine away from other household members. Other household members are not required to stay home.
 - Seek evaluation with provider or Viral services if necessary
 - If tested and you have a negative result: End quarantine. You can return to normal activities when you start to feel better and no fever >100.4 for 24 hours without medication.

- 4) **Person with symptoms, no known direct contact and not want evaluation:**
 - Self-quarantine at home for 10 days from onset of symptoms.
 - You can return to normal activities when you start to feel better and no fever >100.4 for 24 hours without medication.

- 5) **No symptoms and a “contact” to someone that had “contact” to a case:**
 - **Example:** Co-workers child is positive or a positive parent of child that plays a team sport with your child. These are contacts of contacts. Exposure only happens with direct contact: with in 6’ for 15 minutes with the infected person.
 - No quarantine or testing required
 - Encourage practice of physical distancing, hand washing and masking.
 - Reduce exposures to a minimum by keeping a small circle of contacts and choosing to reduce the number of events attended.



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