



Ravalli County Public Health

Prevent. Promote. Protect.

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Instructions for COVID-19 close contacts

*You are receiving this document because you have been identified as a close contact of a confirmed case of COVID-19 (Coronavirus). As a close contact, it is **important to follow the precautions listed below until otherwise notified by Public Health.***

1. Remain at home for 14 days following your last contact with the infected person **EVEN IF YOU TESTED NEGATIVE.**

- a. Restrict all activities outside of your home. Do not go to work, school, or public areas, and do not use public transportation. It is okay to go outside in your own yard.
- b. If you live with others, practice social distancing strategies and if at all possible use a separate bedroom and bathroom. COVID-19 is most often spread person-to-person through respiratory droplets. These droplets are produced when a person coughs or sneezes, and the droplets may land in the mouths or noses of people nearby. Therefore, it is important to stay away from others to prevent the further spread of disease. **If you must be in the same area as others in your home, wear a face mask.**
- c. Do not prepare food. Eat separately and clean and disinfect dishes and glassware. Use a dishwasher if you have one.
- d. Clean all “high touch” commonly used surfaces daily with soap & water.

2. Communicate with the Public Health Department openly and honestly.

- a. When a person tests positive for COVID-19, the local health department will conduct a contact investigation to determine how many other people may be at risk for developing symptoms. Please come up with a list of people that meet the criteria of a close contact: within 6’ for 15 minutes. Include anyone that you may have had contact with at least 48 hours prior to becoming ill (infected).

3. If you develop symptoms, please contact public health.

- a. Please note if you become symptomatic during quarantine, contact public health for testing. **If you need immediate medical attention, please alert the emergency room ahead of your arrival!**

4. For any additional COVID-19 questions, call Ravalli County Public Health Department.

- a. During work hours, please call **375-6672** and ask to speak with a PH nurse. Please note Public Health is only testing symptomatic residents identified as close contacts to positive.

Additional Precautions:

- Wear a facemask
- Cover your coughs and sneezes
- Wash your hands with soap & water