



# Ravalli County Public Health

Prevent. Promote. Protect.

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## Instructions for individuals undergoing COVID-19 evaluation.

*You are being evaluated for COVID-19. It is important to follow the precautions listed below until otherwise notified by your healthcare provider or Public Health.*

### 1. Remain at home until you receive the results of your COVID test.

- Please restrict all activities outside of your home until you receive your results from your healthcare provider. Do not go to work, school, or public areas, and do not use public transportation.
- If you live with others, practice social distancing strategies and if at all possible use a separate bedroom and bathroom. Wear a mask when in any common areas of the house. COVID-19 is most often spread person-to-person through respiratory droplets. These droplets are produced when a person coughs or sneezes. Droplets may then 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.

### 2. While waiting for your results at home, develop a list of recent contacts.

- If a person tests positive for COVID, the Ravalli County Public Health 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
- Please note that your health information is private. If you test positive, public health will be contacting anyone identified as having exposure. Your identity is not shared unless you share that information.

### 3. Call your clinic or healthcare provider with any concerns about your symptoms.

- Please note that if your symptoms become severe, such as respiratory distress, and you are in need of emergency medical help, call 9-11 and let dispatch know that you have a pending COVID-19 test.

### 4. For any additional COVID-19 questions pertaining to public health, call the Ravalli County Public Health.

- (406) 375-6672 and ask to speak with a public health nurse.

#### Additional Precautions:

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