

Instructions for individuals who are positive for COVID-19

Stay home and separate from others until you are no longer contagious. You are no longer contagious and safe to resume normal activity when:



Five days after symptoms appeared *AND*



Twenty-four hours after no fever without the use of medication *AND*



Your symptoms have improved and are very mild



Please wear a mask for a total of 10 days from symptom onset or positive test

Additional information



Stay home to avoid exposing others.

In your home, as much as possible:

- Stay in a separate room from other household members
- Use a separate bathroom
- Wear a well-fitting mask if you need to be around other people or pets
- Improve ventilation in your home
- Do not share personal items such as cups, utensils or towels
- Disinfect commonly touched/shared surfaces



Notify your healthcare provider that you tested positive. There may be treatments available to you.

911

Call 911 immediately if you have any of the following emergency warning signs.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, grey or blue-colored skin, lips or nail beds



Take care of yourself and ask for help when you need it.

- Drink plenty of fluids, eat healthy foods and take your vitamins
- Rest often, you may feel very tired
- Move your body, take deep breaths and get fresh air
- Ask your doctor which medications you are able to take to help manage symptoms
- Ask your friends and family for help so you can stay home and recover
- Contact your healthcare provider during/after your illness to discuss ways to support your overall health
- Montana Crisis Recovery Line (COVID-19 Relief)...1-877-503-0833
Available: Monday-Friday 10AM to 10PM.
Free anonymous crisis counseling



Tell your close contacts.

- A close contact is anyone within 6 feet of you for at least 15 minutes in a 24-hour period.
- Go back 48 hours before your symptoms started or you first tested positive through the date you are no longer contagious.
- People who live in your home that you are not able to completely separate from are continuously exposed to you while you are contagious. Their 5-10 day monitoring/quarantine period begins when you are no longer contagious.
- Tell them, "You may have been exposed to COVID-19 on ___ (date of your last contact.) Call the health department at (406)822-3564 for information on quarantine and testing options."

General local information regarding COVID-19

Testing Options:

- **Rapid Antigen Tests**
 - Available for pick-up while supplies last from MCHD .
 - Visit <https://www.covid.gov/tests> or additional ways of accessing antigen tests.
- **PCR/RNA Tests**
 - Mineral Community Hospital and Jack Lincoln Memorial Clinic may offer testing. Call to check on availability.

While you wait for results

1. Minimize contact with other people as much as possible to help prevent spreading the germ/virus causing your illness.
 - If you must be around other people, wear a well-fitting mask over your nose and mouth and maintain a minimum distance of 6 feet or more between you and others.
 - Wash your hands and disinfect commonly touched surfaces often.
2. Take care of yourself to help improve your immune system.
 - Rest, stay hydrated, eat healthy food, take your vitamins and get fresh air.
 - Talk to your doctor about other ways to support your health.
3. Be proactive.
 - Review the *Instructions for individuals who are positive for COVID-19* (on backside of this document) and plan ahead in case your test result is positive.
 - Plan to stay home for a period of time. Ask friends/family to bring you food and other essential items such as prescriptions and your mail.
 - Gather a list of important phone numbers including your medical providers and friends/family/acquaintances who may be able to support you while you're at home.
4. Reach out if you are struggling or need someone to talk to.
 - Dial 911 if you are experiencing an emergency
 - Montana Crisis Recovery Line (COVID-19 Relief) 1-877-503-0833
Available: Monday-Friday 10AM to 10PM (Free anonymous crisis counseling for individuals feeling isolated, lonely, anxious or stressed due to COVID-19)

