

# 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



**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> for 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)

