

I Tested Positive for COVID-19

Updated 10/3/2023

COVID-19 Isolation Guidance

I have no symptoms or mild symptoms.

Days 0-5 Day 0= Date of symptom onset or date of positive test result if asymptomatic	<ul style="list-style-type: none">• Stay home while sick.• Isolate away from others.• Wear a high-quality mask if you must be around others.
Days 6-10	<ul style="list-style-type: none">• You may end isolation if you have been fever-free for 24 hours and your symptoms are improving.• Continue wearing a mask if you will be around others.• You can end mask usage early if you have two negative tests taken 48-hours apart.

I have moderate symptoms (shortness of breath or breathing difficulties).

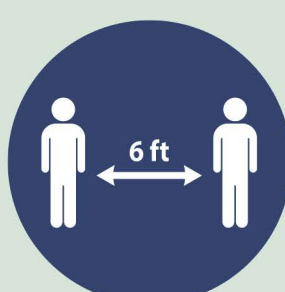
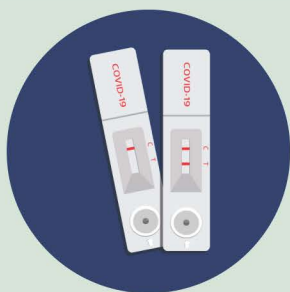
Days 0-10 Day 0= Date of symptom onset.	<ul style="list-style-type: none">• Stay home while sick.• Isolate away from others.• Wear a high-quality mask if you must be around others.
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- Do not go places where you are unable to wear a mask.
- Do not travel.
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your symptoms. If you have an emergency warning sign (like trouble breathing), seek emergency medical care immediately.
- Avoid being around those at risk of severe risk of disease (e.g., individuals who are elderly, immunocompromised, or living with chronic health conditions)

I Was Exposed to Someone with COVID-19

Updated 10/3/2023

COVID-19 Exposure Guidance



- Begin wearing a high-quality mask immediately.
- Wear a mask for 10 full days. Day 1 is the first full day after your last exposure.
- Watch for signs and symptoms of illness, including:
 - Fever or Chills
 - Cough
 - Shortness of Breath
 - Fatigue
 - Muscle or Body Aches
 - Headache
 - Loss of Taste or Smell
 - Sore Throat
 - Congestion or Runny Nose
- If you develop symptoms, isolate immediately and get tested as soon as possible. Stay home until you know your test result.
- Increase your space and distance from others to prevent the spread of disease if you become infected.
- Consider taking extra precautions if you will be around those who are at risk for severe health outcomes (hospitalization or death) due to COVID-19.
 - This includes individuals over the age of 50, individuals who are immunocompromised or on immunosuppressing medication, and those with chronic health conditions such as cancer, COPD, diabetes, and obesity.



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