



# Meagher County Health Department

Public Health Nurse/Director

Eva Kerr, RN

PO Box 309, White Sulphur Springs, MT 59645

Phone: 406-547-3234 • Fax: 406-547-3443

ekerr@meagherco.net

Quarantine Letter Issue Date: \_\_\_\_\_

Name: \_\_\_\_\_

Known Date of Last Exposure: \_\_\_\_\_

You have been identified as close contact for COVID-19 infection due to your proximity with a confirmed COVID-19 case. It is strongly recommended and requested that you quarantine as discussed below.

**Quarantine** means the separation of a person or group of people reasonably believed to have been *exposed to a communicable disease, but not yet symptomatic*, from others who have not been exposed, to prevent the possible spread of the communicable disease. Quarantine means you stay home and completely avoid contact with other people, including others in your household. The goal of quarantine is to stop the onward spread of COVID-19, since people are able to transmit the virus up to 48 hours before the onset of symptoms.

If you are **fully vaccinated**, (completing the Moderna and Pfizer 2 dose series or single dose of Janssen), wear a mask when out in public for 14 days after last day of exposure to a positive COVID-19 case and get tested 3-5 days after exposure.

If you are **unvaccinated**, based on CDC guidance, *Montana Code Annotated § 50-2-116 and § 50-2-118, and Admin. Rules Mont. 37.114.307*, as Meagher County Health Officer, I strongly recommend and request that you quarantine immediately, as follows:

## Conditions of Quarantine

- Stay at home and maintain at least 6 feet of separation from others;
- Use a separate bathroom, if possible.
- Avoid sharing personal household items such as dishes, towels, and bedding;
- If you develop symptoms of COVID-19, which may include fever or chills, cough, shortness of breath, fatigue, muscle aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea, report those to the health department 406-547-3234. You may also contact your primary care provider, local urgent care, or local emergency room for further guidance.

## Duration of Quarantine:

You should remain in quarantine:

1. For **10 days from your last exposure**, returning to normal activities on \_\_\_\_\_ if:
  - You do not have symptoms after day 10 from your last exposure;
  - You actively monitor for symptoms daily through day 14 from your last exposure; and
  - You return to quarantine and get tested if symptoms occur.

OR

2. For 7 days from your last exposure, returning to normal activities on day 8 if:
  - You receive a **negative test result collected no sooner than day 5** of your quarantine; and
  - You remain symptom free.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

You are less likely to spread COVID-19 to others and reduce your risk of severe illness or death if you have been fully vaccinated. Therefore, if you have not been vaccinated, please make plans to do so once you are no longer in quarantine. For more information on quarantine and vaccination please visit Meagher County Health Department on Facebook.

Thank you for protecting the health and wellbeing of your community.

Eva Kerr, RN, Public Health Director, Health Officer for the Meagher County Health Department