



There is reason to believe you have been exposed to COVID-19, a contagious disease that may present a serious health threat to you and others. The purpose of this letter is to provide instructions to limit the transmission of COVID-19 to others.

The Center for Disease Control and Prevention (CDC) recommends the following quarantine guidelines for a person who is identified as a close contact (within 6 feet of the infected individual for 15 cumulative minutes or more in a 24-hour period):

If fully vaccinated (individuals who have completed a COVID-19 vaccination series and are two weeks post second dose):

- Do not need to quarantine unless they are symptomatic
- Test at 5-7 days after exposure
- Mask indoors in public for 14 days following the exposure or until you receive a negative test result
- If symptoms develop at any time, immediately self-isolate and get tested

If unvaccinated:

- Quarantine for 10 days without testing if asymptomatic
- Can test at day 5 or later and if that test is negative AND they are symptom free can return to work after day 7

Regardless of vaccination status:

- Quarantine for 14 days if you have symptoms and seek testing right away

If positive for COVID in the previous 3 months:

- Do not have to quarantine if they remain symptom free

For individuals that test positive they must isolate until:

- 10 days since symptoms first appeared, or 10 days from test day if no symptoms
AND
- Have had no fever for 24 hours without the use of fever reducing medication
AND
- Symptoms must be improving

Quarantine means separating yourself from others who have not been exposed to COVID-19. This helps to prevent the spread of the disease. You should always remain at home during quarantine (except for testing or emergency care) and minimize interaction with other household members. If interaction with household members is unavoidable, you should wear a face covering, practice physical distancing by staying at least six feet away from members of your household, and limit close contact with others to less than 15 minutes per 24-hour period.

If you want more in-depth explanation here is the link for the CDC page on quarantine [COVID-19: When to Quarantine | CDC](#)

If at any time you develop the following symptoms contact your primary care provider, urgent care, or the local emergency room for further guidance.

- New loss of taste or smell
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches

- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting

Please contact HCHD with any questions at 406-400-2415 from 8am-5pm Monday through Friday.

Available Testing in Hill County

Northern Montana Health Care

Testing of Contacts: Call 262-1570 for an appointment
 Sick individuals 16 and under: Call 265-5408 for an appointment
 Sick individuals 17 and over: call 262-1570 for an appointment

Bullhook Community Health Center

Testing of Contacts: scan the QR code below or register at this link [COVID-19 Testing](#)



Gary and Leo’s IGA Pharmacy

Call 265-1229 to schedule an appointment

MSU-Northern

Staff and Students of MSU-Northern only: Call Student Health Services at 265-3599

Havre Public Schools

Staff and Students of HPS only: Call Jeri Zorn at 390-2210

St. Jude’s Thaddeus Schools

Staff, Students and their families only: Call Katie Kopp at 265-4613

North Star Schools

Staff, Students and household members:

For appointments at Jr. High/High School (Rudyard): Call 355-4481

For appointments at Elementary School (Gildford): Call 376-3183

Testing takes place Mondays from 7:30 – 9am, outside the doors located near the locker rooms (back of building)

Rocky Boy Health Center

Anyone who is eligible to receive services at Rocky Boy Health Center, or community members that live or work on the reservation: call 395-1712 for an appointment or with questions

** Testing subject to change based on availability and demand **