



You've been diagnosed with COVID-19 illness. Here's what you can do now.

***These guidelines are for general public only. They do not apply to congregate, correctional or healthcare settings.**

Stay home – You will be asked to isolate yourself from others. This is to prevent the spread of COVID-19 to others.

If You Test Positive for COVID-19 (Isolate)	
Everyone, regardless of vaccination status:	<p>- Stay home for 5 days.*</p> <ul style="list-style-type: none"> If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house- you must continue to wear a well-fitting mask around others for 5 additional days. If you are unable/unwilling to wear a mask you must isolate for 10 days. <p><i>*If you have a fever, continue to stay home until your fever resolves.</i></p> <p><i>* After 5 days of isolation, you still cannot travel on buses, airplanes, trains, etc. until day 11.</i></p>

Keep hydrated, rest, listen to your body – Make sure you drink plenty of fluids, including water, juice, and broth. Rest often, you will feel more tired than usual. Over-the-counter medications, such as acetaminophen, can help reduce your fever and manage your symptoms, provided you don't have a health history that prevents you from using them.

Wear a mask when around others – This is important to prevent spreading COVID-19 to other members of your household. We recommend a surgical-grade disposable mask that completely covers your nose and mouth, fits snugly against the sides of your face without gaps, and has a nose wire to prevent air from leaking out the top of the mask. As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. Please only leave your house if you are seeking medical treatment.

What if I'm feeling worse - Keep in contact with your primary care physician or healthcare provider. Most people with COVID-19 can be managed safely at home. If you start feeling worse or are concerned about your symptoms, do not hesitate to reach out to your healthcare provider. If you have any of the following emergency warning signs, you should seek emergency medical care immediately:

Seek medical care immediately if you have Emergency Warning Signs of COVID-19	
<ul style="list-style-type: none"> Trouble breathing Persistent pain or pressure in the chest New confusion 	<ul style="list-style-type: none"> Inability to wake or stay awake Pale, grey, or blue-colored skin, lips, or nail beds, depending on skin tone

Keep in touch with your doctor – Please let your primary care physician know that you've been diagnosed with COVID-19. They may check in with you during your illness to monitor how you're doing at home. COVID-19 treatments are available for certain people at high risk for progression to severe disease. These medications **MUST** be administered early in the course of illness, so it is important to let your provider know you have tested positive and have symptoms. If you are eligible, a medical provider's order is required to access these treatments. Here is the CDC's list of possible treatments for those with COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/treatments-for-severe-illness.html> To see if you are eligible, contact your primary care facility.

Available Monoclonal Antibody Treatment Centers	Call for an appointment/questions
Northern Montana Healthcare	406-265-2211
Bullhook Community Health Center	406-395-4305 / Must be a patient of Bullhook Some high-risk contacts of a confirmed case may be eligible. Contact your primary care provider for more information
Rocky Boy Health Center	406-395-4486 High risk enrolled tribal members