



**Public Health**  
Prevent. Promote. Protect.

Hill County Health Department

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):

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

If You Were Exposed to Someone with COVID-19 (Quarantine)	
<p><b>If you:</b> Have been boosted <b>OR</b> Completed the primary series of Pfizer or Moderna vaccine within the last 6 months <b>OR</b> Completed the primary series of J&amp;J vaccine within the last 2 months</p>	<p>- Wear a well-fitting* mask around others for 10 days. - Test on day 5, if possible.</p> <p><i>*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.</i></p> <p><i>**If you develop symptoms get a test and stay home.</i></p>
<p><b>If you:</b> Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are <b>not boosted</b> <b>OR</b> Completed the primary series of J&amp;J over 2 months ago and are <b>not boosted</b> <b>OR</b> Are unvaccinated</p>	<p>- Stay home for 5 days. After that continue to wear a well-fitting mask around others for 5 additional days. - If you can't quarantine you must wear a well-fitting mask for 10 days. - Test on day 5 if possible.</p> <p><i>*If you develop symptoms get a test and stay home.</i></p>

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 well-fitting mask, 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 press release: [CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population | CDC Online Newsroom | 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.**

Updated 01/05/2022

Available Testing	Call for an appointment
Northern Montana Healthcare	Flu Clinic: 406-262-1570 Family Medical Center: 406-265-5408
Bullhook Community Health Center	406-395-6941
Gary and Leo's IGA Pharmacy	406-265-1229
MSU-Northern <ul style="list-style-type: none"> <li>• Staff/Students/Household Members Only</li> </ul>	406-265-3599
Havre Public Schools <ul style="list-style-type: none"> <li>• Staff/Students/Household Members Only</li> </ul>	406-390-2210
St. Jude's Thaddeus School <ul style="list-style-type: none"> <li>• Staff/Students/Household Members Only</li> </ul>	406-265-4613
North Star Schools <ul style="list-style-type: none"> <li>• Staff/Students/Household Members Only</li> </ul>	For appointments at Jr. High/High School (Rudyard): Call 406-355-4460 or 406-355-4481 For appointments at Elementary School (Gildford): Call 406-376-3183 No appointments necessary Mondays from 7:30 – 9:00am in <u>Rudyard only!</u> Testing takes place outside the doors located near the locker rooms (back of building)
Rocky Boy Health Center <ul style="list-style-type: none"> <li>• Anyone who is eligible to receive services at Rocky Boy Health Center, or community members that live or work on the reservation</li> </ul>	Call 406-395-1712

Monoclonal antibodies are an exciting new treatment option for those with a confirmed diagnosis of COVID-19. This treatment may be administered via IV infusion or as a shot through certain facilities. This is a prescribed treatment and must be ordered by a medical provider. 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