



# Ravalli County Public Health

Prevent. Promote. Protect.

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## COVID-19 Isolation Letter

*Isolation is used to separate people infected with SARS-CoV-2, the virus that causes COVID-19, from people who are not infected. Please use these instructions to best protect yourself, your family and friends.*

**You have been diagnosed with COVID-19. Ravalli County public health request that you go to our website @ <https://ravalli.us/631/Corona-Virus-COVID-19> and fill out the COVID-19 Intake PDF and submit to [rcpublichealth@rc.mt.gov](mailto:rcpublichealth@rc.mt.gov) to receive a letter of Isolation.**

### Isolation is as followed:

- **Stay home** except to get medical care
- **Tell your close contacts** that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. COVID-19 Exposure Recommendations can be found @ <https://ravalli.us/631/Corona-Virus-COVID-19>
- **Monitor your symptoms.** If you have an [emergency warning sign](#) (*trouble breathing, bluish lips or face, new confusion, inability to wake* ), seek emergency medical care immediately
- **Average recovery time is about 10 days from when symptoms began**
  - To calculate your recovery time, most individuals are safe to be around others 10 days after symptoms began, provided symptoms have improved and no new symptoms have appeared.
  - If you had no symptoms, calculate 10 days from testing.
  - If you require “release of isolation” letter for work/school, requests can be made by emailing Public Health: [release@rc.mt.gov](mailto:release@rc.mt.gov)
    - Please indicate Name, Date of Birth, Test date, Contact Number and questions you may have for the Public Health Nurse
  - Criteria for release: no fever, feeling better, no new symptoms
- **Stay in a separate room** from other household members, if possible
- Use a separate bathroom, if possible
- **Don't share personal household items**, like cups, towels, and utensils
- Avoid/ Limit contact with household members and pets, **wearing a mask** can reduce the risk of transmission to them if you must communicate or share common space with family.
- **Clean and disinfect** high-touch surfaces (*phone, remote control, counters, doorknobs, toilets* ) in your “sick room” and bathroom; wear disposable gloves.