



oneHealth/Custer County Public Health  
Phone: 406-874-8700

## Now That You've Been Tested

### **Direct Contact with a Positive COVID-19 Person:**

If you've been tested due to contact with a COVID 19 positive case, you need to continue to **quarantine for 14 days** from the last date of contact with that person, **even if your test results are negative**. Quarantine means you need to do the following:

- Do not go to work and stay at home. Stop community activities.
- Do not send children to school
- Refrain from socializing with others
- Avoid contact with friends and family members in your home
- Sleep in a separate bedroom and use a separate bathroom if possible
- Other members of your household won't need to test unless your results come back positive
- Have others run errands for you and keep in touch with others by telephone or video chats (if capable). You may exercise or go outside *by yourself* but *avoid contact with others*.

If your results are *negative*, continue to monitor for symptoms throughout your **14 day quarantine at home**. COVID symptoms can begin 2-14 days after the date you've been exposed to the positive case. If you develop symptoms during your quarantine, contact your primary care provider or call oneHealth to schedule a retesting time.

If your test results are **positive**, public health will call you and follow up with further instructions.

### **If you have symptoms:**

When you are tested because you have symptoms of COVID-19, you will need to quarantine until your test results come back.

If you were symptomatic and your results come back negative, but you **have NOT had any known contact with a person who is positive for COVID-19**, you can be released from quarantine upon your negative result and return to your normal activities while wearing a mask, washing your hands, and practicing social distancing.

If your test results are **positive**, public health will call you and follow up with further instructions.

### **If you have symptoms AND are a direct contact:**

Please review the information above for individuals experiencing symptoms. If you are symptomatic AND a direct contact to a confirmed COVID-19 case, you need to continue to **quarantine for 14 days** from the last date of contact with that person, **even if your test results are negative**.

If your test results are *positive*, public health will call you and follow up with further instructions.