Home Quarantine and Self-Monitoring Instructions for Non-Household Contacts

You have been placed on home self-monitoring to stop the spread of the novel Coronavirus known as COVID-19. You should stay at home and check yourself for fever. Be alert to symptoms of coughing or shortness of breath.

Please follow these instructions for self-monitoring:
Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19. If you develop any symptoms of COVID-19, e.g. new cough, new shortness of breath, subjective or measured fever $\geq 100.0$, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or diarrhea please call your healthcare provider.  

For questions regarding self-monitoring, please call the RiverStone Health Public Health Information Line at 406.651.6415 and leave a message. Calls are returned weekdays between 8 a.m. and 5 p.m.

Monitor your symptoms
• Twice a day, record your temperature with date and time.
• Seek prompt medical attention if you develop any of the symptoms mentioned above. Please call ahead and notify the provider that you are in home monitoring for exposure to COVID-19 and have developed symptoms.
• If you have a medical emergency and need to call 911: Notify the dispatchers that you are in home monitoring for exposure to COVID-19.

Stay home except to get medical care
• Do not go to work, school, or other public areas.
• Avoid using public transportation, ride-sharing, or taxis.

Cover your cough and sneezes
• Cover your mouth with a tissue when you cough or sneeze.
• Throw used tissues in a lined trash can.
• Avoid touching your face with unwashed hands.
• Immediately wash your hands with soap and water or use an alcohol-based hand sanitizer.

Wash your hands often
• Using soap and water and following the steps below is the preferred way to wash your hands:
  1. Wet hands under running water.
  2. Apply soap.
  3. Rub your hands together to create a lather.
  4. Clean the front and back of your hands, in between your fingers, and under your nails for 20 seconds.
  5. Rinse hands under running water then dry hands.

September 11, 2020
● If unable to use soap and water, use an alcohol-based hand sanitizer:
  1. Use at least a nickel-sized amount of hand sanitizer.
  2. Rub hands together and cover front and back of hands, and in between your fingers until they feel dry.

**Clean “high-touch” surfaces daily**
- High-touch surfaces include: counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Clean any surface that may have blood, stool, or body fluids.
- Use a household cleaning spray or wipe according to label instructions.

**Remember, call ahead before going to see your doctor**
If you call 9-1-1, let the dispatcher know you are being quarantined at home for exposure to COVID-19 and you have developed symptoms. If you have a medical appointment, or are going to the Emergency Room, also call ahead to let them know you are being quarantined for exposure to COVID-19, and you have developed symptoms. The provider will advise on next steps.