


Isolation and Quarantine Guidance for COVID-19

Isolation of Cases

 Asymptomatic, mild, or moderate illness?



Release from Isolation - 10 Days

Isolation can be discontinued after 10 days since symptoms started if symptoms have improved and the case has been fever-free for 24 hours, or 10 days since the first positive test if someone is asymptomatic.

Severe illness or immune compromised?



Release from Isolation - 20 Days

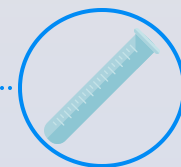
Isolation for people with severe illness (hospitalized, immunocompromised, etc.) may need a longer isolation period, up to 20 days after onset of symptoms.

Quarantine of Contacts



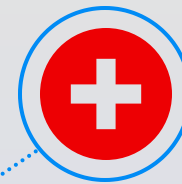
Close Contact

Someone is identified as a close contact (they have spent 15 minutes or more within six feet of the case over a 24 hour period).



Test all close contacts for COVID-19. This will help identify any asymptomatic cases who are potentially the source for cases around them.

Positive?



Isolate
The case must isolate.

Negative?



Quarantine
The contact must quarantine using one of the strategies below*.

*Local public health makes the final decision about how long quarantine should last.

14

Preferred Method: 14 Day Quarantine

The contact may be released from quarantine after day 14, if no signs and symptoms are present. This option must be applied for all residents and staff of long term care facilities, and is recommended for patients receiving healthcare and healthcare personnel**.

10

10 Day Quarantine

The contact may be released from quarantine after day 10 without testing, as long as the contact has no signs and symptoms.

7

7 Day Quarantine

The contact may be released from quarantine after day 7 after receiving a negative test result (the test must be collected on day 5 or later).

**Alternative options can be explored to mitigate staffing shortages.

- After stopping quarantine, contacts should continue to watch for symptoms for 14 days after exposure.
- If a contact becomes symptomatic during quarantine, they should contact their healthcare provider to discuss testing options.



MONTANA
COMMUNICABLE
DISEASE EPIDEMIOLOGY