



Shortened COVID-19 Isolation and Quarantine Guidelines for the General Public



Isolation: what to do if you test positive for COVID-19

everyone, regardless of vaccination status:



Stay home for 5 days



After 5 days, if you have no symptoms, or your symptoms are resolving, you can leave your house (if you have a fever, continue to stay home until the fever resolves)



Continue to wear a mask around others for 5 additional days, days 6-10 (including around other people in your household)

Quarantine: what to do if you are a close contact to a COVID-19 case

| Vaccination Status | Quarantine Recommendation |
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| <ul style="list-style-type: none"> • Boosted, OR • Completed primary series of Pfizer or Moderna within last 6 months, OR • Completed primary series of J&J within last 2 months | <ul style="list-style-type: none"> • Wear a mask around others for 10 days • Test on day 5, if possible • <u>If you develop symptoms, get a test and stay home</u> |
| <ul style="list-style-type: none"> • Unvaccinated, OR • Completed primary series of Pfizer or Moderna over 6 months ago and are not boosted, OR • Completed primary series of J&J over 2 months ago and are not boosted | <ul style="list-style-type: none"> • Stay home for 5 days. After that continue to wear a mask around others for 5 additional days (days 6-10). • If you can't quarantine you <u>must</u> wear a mask for 10 days • Test on day 5, if possible • <u>If you develop symptoms, get a test and stay home</u> |

Please note that this CDC guidance should be considered in conjunction with the requirements of Montana House Bill 702, as any application of the guidance or recommendations must comply with state law.