

Dear Patient,

Based on clinical evaluation, we are either conducting laboratory testing to determine if you could have COVID-19 (novel coronavirus) or assuming you have COVID-19 based on your clinical presentation. The symptoms caused by COVID-19 can range from mild to severe illness, and typically include a fever of 100.4 F degrees or higher, cough and shortness of breath.

If you were tested: COVID-19 testing results will be available within 48 hours (subject to change). You need to quarantine yourself in your home (do not leave your home). Once test results are available, you will be notified directly by phone.

If you were not tested but are suspected to have COVID-19: Please go home and **immediately quarantine yourself for 14 days.**

To prevent the potential spread of infection and keep you and your family safe, you need to:

- Go straight home and stay there. This means do not go to school, work, restaurants or other public areas. If you need groceries, we recommend that you use a local grocery curbside pick-up service.
- All travel is not advised. If travel is absolutely necessary, contact your local health department.
- Practice self-care by washing your hands often, drinking plenty of water and resting.
- Avoid contact with others. Refrain from having guests and try to minimize contact with people in your home. If others are in your home, quarantine to a separate bedroom and bathroom if possible and keep the door closed.
- Monitor your health and watch for worsening symptoms.
 - Call your healthcare provider if you experience an increase in shortness of breath, chest pain, dizziness, fever of 101.5 or greater, or other symptoms that concern you.
- Postpone all non-essential medical appointments. If you need to seek medical care for any reason, call the clinic before you go. Tell them you are under quarantine and being tested for COVID-19.
- If symptoms worsen and you need emergency care and transport, be sure to inform the 9-1-1 dispatcher that you are under quarantine and waiting for COVID-19 test results or are positive for COVID-19.

If you were tested and it comes back negative, your provider will let you know and provide additional recommendations on future care.

If you were tested and it comes back positive, you will receive more information about how to monitor your symptoms and prevent the spread of the illness.

There are a number of trusted sources that will always have the most-up-to-date information on COVID-19:

- Centers for Disease Control and Prevention (www.cdc.gov/coronavirus/2019-ncov/)
- State of Montana Department of Public Health and Human Services (www.dphhs.mt.gov/publichealth/cdepi/diseases/coronavirusmt)
- Lewis and Clark Public Health (www.lccountymt.gov/health/disease-control/covid-19.html)

Thank you in advance for your cooperation and understanding. Best wishes in health.