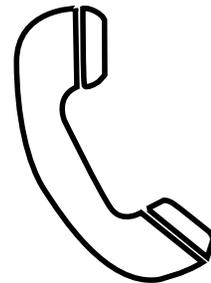# My COVID-19 test result was positive. What now?

Stay home to avoid exposing others to possible illness

Do NOT leave your home except to get medical care

If your symptoms worsen, contact your healthcare provider

You have been diagnosed with COVID and will need to stay home until:

10 Ten days after symptoms appeared *AND*

24 Twenty-four hours after no fever without the use of medication *AND*

Your symptoms have improved

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More Details:

The Gallatin City-County Health Department is using an application called SARA-Alert to support you while in isolation. You will receive an email or text message from 844-957-2721 asking about your symptoms. Please make sure this number does not go to spam.

- Please report any new or worsening symptoms to SARA-Alert or the nurse checking in with you.
- Please call the COVID-19 hotline at 548-0123 if you need assistance.
- If your condition worsens, the Viral Triage Clinic at Bozeman Health is available for people with COVID-19. Please wear a face covering and identify that you have been diagnosed with COVID-19 so the healthcare team can take proper precautions.
- Stay away from other people and pets in your home, as much as possible.
- Use a separate bathroom, if possible.
- Wear a face mask at all times when you are around other people or pets.
- If you must care for pets, wash your hands thoroughly before and after.
- If you need to be in the same room with pets and other people, wear a face mask
- If wearing a mask causes you difficulty breathing or other severe consequences, make sure that other people in the room wear face masks.
- Cover your mouth and nose with a tissue when you cough or sneeze, place the used tissue in a lined trashcan. Wash your hands right away with soap and water for at least 20 seconds or clean your hands with a nickel-size amount of alcohol-based hand sanitizer.
- Don't share food, drinks, dishes, eating utensils, towels or bedding with other people or pets.
- Wash dishes, towels and bedding thoroughly and dry them on the hottest appropriate setting.
- Use household disinfectants to regularly clean high-touch surfaces, including counters, doorknobs, bathroom fixtures, toilets, phones, remote controls, keyboards, tablets and bedside tables

healthygallatin.org/coronavirus-covid-19/

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