



## COVID-19 FAQs

# What should I do as a close contact of someone with COVID-19?

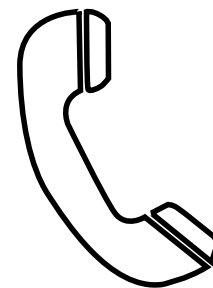
The Gallatin City-County Health Department is using an application called SARA-Alert to support you while in quarantine. You will receive an email or text message from 844-957-2721 asking about your symptoms. Please make sure this number does not go to spam.



Stay home to avoid exposing others to possible illness



Avoid contact with other people for **10 days**



If you develop symptoms, report those to SARA-Alert or call (406)548-0123

[healthygallatin.org/coronavirus-covid-19/](https://healthygallatin.org/coronavirus-covid-19/)



## More Details:

- If you have a medical appointment, call ahead and tell the provider that you are a close contact of someone with COVID-19.
- 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

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