

Quarantine Updates:

The CDC has updated its quarantine guidance for asymptomatic close contacts.

For people without symptoms, quarantine can end:

- On day 10 without testing.
- On day 7 after receiving a negative test result. The individual must be tested on day 5 of quarantine or later.

After stopping quarantine, people should:

- Watch for symptoms until 14 days after exposure.
- If they have symptoms, immediately self-isolate and contact their healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

Please note that close contacts can only receive proof of their test results from the testing facility. The Flathead City-County Health Department cannot provide or verify negative test results at this time.

Antibody Testing

- The Health Department is not accepting antibody tests as a method to prevent individuals from having to quarantine if they are named as a close contact.
- According to the CDC, only individuals who have recovered from a lab confirmed case of COVID-19 are exempt from quarantining or isolating for 90 days after their initial infection. Antibody tests cannot tell us when an individual had COVID-19, and therefore cannot help us determine if a person is still within their 90-day post infection period.
- Little is currently known about COVID-19 antibodies and how well or for how long they can protect a person from reinfection.