



115 4<sup>th</sup> Street South, Great Falls, Montana 59401  
(406) 454-6950 | [www.cchdmt.org](http://www.cchdmt.org)

Dear parent/guardian,

There is reason to believe your child has been potentially exposed to COVID-19. The purpose of this letter is to provide recommendations to limit the transmission of COVID-19 to others. Your child's date of exposure has been identified as: \_\_\_\_\_

**Recommendations:**

If fully vaccinated (individuals who have completed a COVID-19 vaccination series and are two weeks post second dose):

- Do not need to quarantine unless they are symptomatic
- Test at 3-5 days after exposure is recommended
- Mask indoors in public for 14 days following the exposure is recommended. If symptoms develop at any time, immediately self-isolate and notify your health care provider.

If unvaccinated:

- Quarantine is recommended for 10 days without testing, or
- Can test at day 5 or later and if that test is negative AND they are symptom free can return to school after day 7

Quarantine means separating yourself from others who have not been exposed to COVID-19.

Parents/guardians please let your school's attendance office know that you are electing to have your child quarantined, so that the school can mark their absence medically excused per parent.

If at any time you develop the following symptoms contact your primary care provider.

- New loss of taste or smell
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting

Please contact CCHD with any questions at 406-454-6950 from 8am-5pm Monday through Friday.



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Sincerely,

A handwritten signature in black ink, appearing to read 'Trisha Gardner', is written in a cursive style.



**Trisha Gardner, M.Ed.**  
**Health Officer**

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*"Healthy People in a Safe and Healthy Community"*