

Flathead Reservation Water Management Board
Interim COVID Guidance
Effective: September 30, 2022

The Flathead Reservation Water Management Board (Board) requires employees and Board members to follow this guidance regarding COVID-19. The Board follows the United States Centers for Disease Control (CDC) recommendations. The Board will continue to follow CDC recommendations for COVID-19 until this policy is updated or rescinded.

CDC Recommendations for COVID-19
As of September 30, 2022

If you have been exposed to COVID-19, you should start taking the following precautions:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>

If you have tested positive or are showing symptoms of COVID-19, isolate immediately and follow these precautions:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

The following pages contain a summary of CDC recommendations from websites noted above.

What do you do if you were exposed to COVID-19?

Wear a [mask](#) as soon as you find out you were exposed

Start counting from Day 1

- Day 0 is the day of your last exposure to someone with COVID-19
- **Day 1 is the first full day** after your last exposure

You can still develop COVID-19 up to 10 days after you have been exposed

Take Precautions

Wear a high-quality [mask](#) or respirator (e.g., N95) any time you are around others inside your home or indoors in public

- Do not go places where you are unable to wear a mask. For travel guidance, see CDC's [Travel](#) webpage.

Take [extra precautions](#) if you will be around people who are [more likely to get very sick from COVID-19](#).

Watch for symptoms

- fever (100.4°F or greater)
- cough
- shortness of breath
- [other COVID-19 symptoms](#)

If you develop symptoms

- [isolate immediately](#)
- [get tested](#)
- stay home until you know the result

Get tested at least 5 full days after your last exposure

Test even if you don't develop symptoms.

IF YOU TEST: Negative

Continue taking precautions through day 10

- Wear a high-quality mask when around others at home and indoors in public

You can still develop COVID-19 up to 10 days after you have been exposed.

IF YOU TEST: Positive

[Isolate immediately](#)

What do you do if your COVID-19 Test is positive?

If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home.**

You are **likely most infectious during these first 5 days.**

- **Wear a high-quality mask** if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask. For travel guidance, see CDC's [Travel webpage](#).
- [Do not travel](#).
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation](#) at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately.
- Learn more about [what to do if you have COVID-19](#).

End isolation based on how serious your COVID-19 symptoms were. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If you had no symptoms

You may end isolation after day 5.

If you had symptoms and:

Your symptoms are improving

You **may end isolation after day 5** if:

- You are fever-free for 24 hours (without the use of fever-reducing medication).

Your symptoms are not improving

Continue to isolate until:

- You are fever-free for 24 hours (without the use of fever-reducing medication).
- Your symptoms are improving.¹

Regardless of when you end isolation

Until at least day 11:

- Avoid being around people who are more likely to get very sick from COVID-19.

- Remember to wear a high-quality mask when indoors around others at home and in public.
- Do not go places where you are unable to wear a mask until you are able to discontinue masking (see below).
- For travel guidance, see CDC's [Travel webpage](#).