



STANDING ROCK SIOUX TRIBE TRIBAL HEALTH ADMINISTRATION

*CHR Program • Treatment Program • Health Education • Environmental Health
Ambulance • Radiology • Weekend Physician Services • Wellness Program*

SRST Isolation Guidelines

Who Needs to isolate?

People who have COVID-19

- People who have tested positive for COVID-19
- People who don't have symptoms but have tested positive for COVID-19

Isolation with COVID-19 symptoms can be discontinued when:

- At least 10 days since symptoms first appeared and
 - At least 24 hours with no fever without fever-reducing medication and
 - Other symptoms of COVID-19 are improving

Isolation with NO COVID-19 symptoms can be discontinued when:

- 10 days have passed since the date you had your positive test
 - If symptoms develop after testing positive, follow the guidance above for "Isolation with COVID-19 symptoms can be discontinued when:"

COVID-19 Symptoms

- Fever (100.4°F),
- Cough
- shortness of breath
- or other symptoms of COVID-19 (see list below)
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea



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SRST UPDATED QUARANTINE GUIDELINES

Who needs to quarantine? People who have been in close contact with someone who has COVID-19

Excluding people who have had COVID-19 within the past 3 months or who are fully vaccinated.

Meaning;

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
 - Someone who has been within 6 feet of an infected person (confirmed by rapid and/or laboratory confirmed testing) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes in one day)
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Quarantine-NOT FULLY Vaccinated

People who have been in close contact with someone who has COVID-19 and have NOT been FULLY vaccinated— (excluding people who have had COVID-19 within the past 3 months or who are fully vaccinated).

- Stay home for 14 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19 (see list below)
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- stay away from others, especially people who are at higher risk for getting very sick from COVID-19
- complete interview and monitoring with SRST COVID-19 Contact Tracing Team for the duration of 14-day Quarantine

Updated as of 07/06/2021



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Quarantine-Fully Vaccinated

People who have been in close contact with someone who has COVID-19:

- People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease and show no symptoms

people who are considered fully vaccinated;

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated

Quarantine if previously positive within the past 3 months

- People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms

Options to reduce quarantine - Follow the recommendations of our local public health department if someone needs to quarantine

Options they might consider;

- After day 10 without testing
- After day 7 after receiving a negative test result (test must occur on day 5 or later)

After stopping quarantine, people should still

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

Updated as of 07/06/2021