

## Montgomery County Health Department

### COVID-19 FAQs

#### **There is so much COVID-19 information – what’s the best source?**

We recommend you get your information from trusted public health and medical sources – NOT from social media. There is a lot of misinformation (incorrect information) and disinformation (information purposefully designed to confuse you) on social media and the Internet. The links to sources provided in these FAQs point to the most up-to-date science-based information about COVID-19.

#### **Where can I find more information about COVID-19?**

##### CDC Information

The [CDC COVID-19 home page](#) should be your go-to source. It is updated regularly and is easy to navigate by clicking on the tabs such as “Your Health” at the top of the page.

##### Indiana Information

The most up-to-date information specific to Indiana can be found on the [Indiana Coronavirus home page](#). Indiana COVID-19 public updates can be found [here](#). Information about COVID-19 and K-12 schools can be found [here](#).

The Indiana COVID-19 activity dashboard can be found [here](#) and the explanation for the county color coding and what the restrictions are [here](#).

##### Montgomery County Information

The Montgomery County Health Department home page can be found [here](#).

#### **How can I reduce my chances of getting COVID-19?**

Stay at least six feet away from others, wear a mask when you can’t social distance (including when you are around family & friends), and wash/sanitize your hands frequently. Make sure your mask covers your mouth AND nose and consider wearing a second mask if your first mask has a poor fit. You should avoid crowded gatherings, especially if they are indoors and in small spaces. You should avoid “swapping air” with others.

Note that most infections occur from exposure to family and friends in small groups when we are more likely to let our guard down.

You can read more about prevention of COVID-19 infection on the [CDC prevention page](#).

## **What are the symptoms of COVID-19?**

The most common symptoms include:

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

You can enter your symptoms using the CDC [Coronavirus Self-Checker](#) and get advice on next steps to take.

## **Should I be tested for COVID-19?**

We recommend testing if you have symptoms of COVID-19 and that you remain at home and off work while awaiting your results. You can read more about testing on the [CDC Testing page](#), and more about testing in Montgomery County below.

## **Where can I get tested for COVID-19?**

You have two options in Montgomery County:

1. If you have a private medical provider, you can contact his/her office to discuss getting a test through the Franciscan Health Crawfordsville hospital site. You will work with the hospital scheduling department to arrange a test time. Getting tested here will require a medical provider to order the test. The results will be reported to your provider.
2. There is also a testing site in Montgomery County at 308 W. Market Street that does testing Monday through Friday. The testing is free and does not require a health care provider's order. You can register online for a test [here](#). \*Note that it works best to use either Google Chrome or Firefox web browsers. Results from tests done at this site will be reported directly to you via email and/or text message. If your test is positive, you should report your results to your medical provider.

Currently, all the tests in Montgomery County are molecular PCR tests performed by inserting a swab up the nose.

### **How long does it take to get COVID-19 test results back?**

Return time for test results varies based on the demand for testing in Montgomery County and Indiana. Results have recently been reported in 2-3 days.

### **How should I take care of myself if I'm sick?**

Please follow the CDC Guidance found [here](#).

### **How do I care for someone else who is sick?**

Please follow the CDC Guidance found [here](#).

### **What's the difference between isolation and quarantine?**

Isolation involves staying away from other people when you are sick so you don't spread the virus to them. For most people, isolation lasts ten days from your first date of symptoms or date of your positive COVID test, whichever came first. Some people who have severe disease or are hospitalized may be asked to isolate for 20 days. You can read more about isolation [here](#).

Quarantine is recommended when someone is a "close contact" of someone who tested positive for COVID-19. People who are infected with coronavirus can transmit the virus starting two days before their symptoms start (or the date of their positive test) until 10 days after their symptoms start (or the date of their positive test). Close contacts are advised to stay away from others for 10-14 days from the date of their last contact with the infected person. You can read more about quarantine [here](#).

### **What is the definition of a "close contact?"**

A close contact is someone who:

- Has been within six feet of an infected person (with or without a mask) for a total of 15 minutes or longer in a 24-hour period.
- You provided care to someone who is infected.
- Has had direct contact with the respiratory secretions of an infected person (coughing, sneezing)
- Has had direct physical contact with an infected person (kissing, hugging)
- Shared eating or drinking utensils with an infected person

### **How long do I need to quarantine?**

It can take up to 14 days from exposure to an infected person to develop COVID-19. We therefore recommend that you stay at home away from others for 14 days from your last date of contact with the infected person. There are shorter quarantine options for those who absolutely can't quarantine for 14 days that you can discuss with your medical provider.

You can read more about quarantining on the [CDC “When to Quarantine”](#) page.

### **What is “contact tracing?”**

Contact tracing is an interview process to try and identify how someone became infected with COVID-19 and also to try and identify others an infected person might have spread the virus to. The goal is to quarantine those who might have been exposed to the virus and keep them away from others so they don’t spread the virus. You can read more [here](#).

### **Do I need a test to return to work?**

No. If you have completed your 10-day isolation period, you may return to work on day 11 if your symptoms have improved and you have not had a fever for 24 hours without the use of fever-reducing medication. People who have been infected with COVID-19 can test positive for weeks or even months. It is exceedingly rare to spread the virus after ten days of isolation.

### **Where can I get information on COVID-19 vaccines?**

[CDC COVID-19 vaccine home page](#)

[Indiana COVID-19 vaccine home page](#)

### **Do I have to wear a mask?**

Yes – Indiana Governor Eric Holcomb ordered a mask mandate for all Hoosiers in July of 2020. People are required to wear a mask over the mouth AND nose inside a business, a public building, or other indoor place open to the public. A mask is also require outdoors if you can’t maintain at least six feet of distance between you and others. You must also use a mask when riding on public transportation. Consider wearing a second mask if your first mask has a poor fit. There are a few exceptions to this mandate found in the Governor’s Executive Orders that you can read [here](#).

### **Who is at higher risk of developing severe COVID-19 illness and dying?**

Read more [here](#).

### **Can COVID-19 cause long-term health problems?**

Yes! Read more [here](#).

### **Should I travel during the COVID-19 pandemic?**

Read more about travel recommendations on the [CDC travel page](#).