Handling Continuous Contact

A household member tested positive for COVID-19 and cannot physically separate from other household members.
We know this is hard! Here are some important things to know about living with a person who has tested positive.

> **Quarantine**: Keeps someone who was in close contact with someone who has COVID-19 away from others.
> **Isolation**: keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.
> For more information please visit **CDC School Guidance** or the **Nevada School Guidance**

Important Dates

Your quarantine period starts

Immediately.

If you remain symptom-free, your earliest test date is (5-7 days <u>after</u> your household member ENDS isolation):

_____

If you develop symptoms, test immediately.

If you test negative (day 5-7) and remain symptom-free, your last day of quarantine is 7 days after last day of household's isolation period (day 8):

_____

If you do not test, quarantine can end 10 days after your last contact (day 11) return date is:

_____

What About School?

For the duration of the quarantine period, you may continue to learn remotely. You may not come on campus unless your school has arranged for testing.

If you are a school employee, please be sure that you have notified your direct supervisor and provided your dates of quarantine.

Contact your human resources regarding administrative leave.

<u>If you are the parent of a student</u> please communicate with your child's school or health department staff.

Why is my quarantine so long?

It can take as long as 14 days from the time of your exposure to COVID-19 to test positive and/or become sick.

It is possible that you will contract COVID-19 on the last day of your household member's isolation period.

This is also the reason that you must wait 7-10 days from the last day of exposure to test for COVID-19. Testing too early could result in a false-negative.

If additional household members test positive in your home, these dates will change.

Vaccinated people do not need to quarantine but should test 5-7 days after exposure, monitor symptoms and wear a mask in public for 14 days.

Who Can Help?

For help with food and other social services, call: 2-1-1 or visit nevada211.org

Nevada COVID-19 info, visit nvhealthresponse.nv.gov

For mental health support call the NV warmline 775-241-4212 (M-F: 8am-10pm, S-S: 8am-9pm)

*Symptoms: temperature >100.4, chills, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of smell or taste, sore throat, congestion, runny nose, nausea, vomiting, diarrhea
Please note this does not apply to health care settings

Nevada Department of Health and Human Services